**Meals on Wheels Kitsap Hot Meals Menu ~ February 2020**

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| **3****Baked Macaroni and Cheese** Hearty SaladCatalina DressingLima BeansWhole Wheat RollFresh Kiwi | **4****Ham Potato Bake****Over ¼ cup Quinoa**Winter Mix VegetablesBlack Eye Pea SaladNine Grain BreadPeaches | **5****Spaghetti and Meatballs**Italian VegetablesGarden SaladThousand Island Dressing Whole Wheat BreadFresh Orange | **6****Teriyaki Chicken****Over Brown Rice**Oriental SpinachCarrotsApple SlawWhole Wheat RollFortune Cookie | **7****Baked Fish Florentine**Roasted Sweet PotatoesBrown Rice PilafFestive Sunshine SaladMixed Grain BreadFresh Apple |
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| **10****Clam Chowder**Oyster CrackersHearty Tossed SaladBalsamic Vinegar DressingSunshine SaladNine Grain BreadBrownie | **11****Beef Cabbage Roll****Over Brown Rice**Mixed VegetablesOrange Poppy Seed Slaw Black-eyed Pea SaladWhole Wheat Roll | **12****Orange Glazed Chicken**Stewed Tomato with Macaroni Marinated Vegetable SaladWhole Wheat BreadWaldorf Salad | **13****Turkey a la King**Curly NoodlesPeas German ColeslawMixed Grain BreadMandarin Oranges | **14**Image result for valentines clipart***Happy Valentine’s Day!*****Swedish Meatballs Over Brown Rice**CarrotsGreen Bean CasseroleFestive Sunshine SaladRye BreadSugar Cookie with Sprinkles |
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| **17*****Presidents Day***Image result for president day clipartNo Meal Services | **18****Zesty Bean Soup**Hearty Salad withBalsamic Vinegar DressingQuinoaCorn SaladNine Grain BreadFresh Apple | **19****Meatloaf**GravyBarleySpinachGerman ColeslawMixed Grain BreadPeachesIce Milk | **20****Sweet & Sour Pork**Brown RiceRosemary Roasted CarrotsTomato Onion SaladWhole Wheat RollPineapple | **21****Chicken Fajita Casserole**Warm Flour TortillaSpanish RiceMexicali VegetablesRefried BeansFresh Orange |
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| **24****Turkey Slice**Turkey GravyWild Rice PilafWinter SquashOrange Poppy Seed SlawFresh PearWhole Wheat Roll | **25****Mardi Gras Chicken****Over Brown Rice**Creamed CornImage result for simple mardi gras clipartStewed TomatoesMixed Grain BreadApricots | **26****BBQ Pork Ribs****Over Quinoa**Baked BeansCalifornia VegetablesWhole Wheat BreadTropical Fruit Salad | **27****Cajun Baked Fish**Tartar SauceBlack Beans and RiceOkra MelangeMarinated Green Bean SaladMandarin OrangesNine Grain Bread | **28****Beef Stew**BroccoliRainbow Pasta SaladCinnamon ApplesauceWhole Wheat Bread |
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