

Meals on Wheels Kitsap Frozen Meals Menu ~ February 2024

			<p style="text-align: center;">1 Beef Stew Broccoli Stewed Tomatoes with Macaroni Whole Wheat Bread Applesauce</p>	<p style="text-align: center;">2 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fortune Cookie Fresh Pear</p>
<p style="text-align: center;">5 Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">6 Mulligatawny Soup Barley Corn Nine Grain Bread String Cheese Fresh Mandarin Orange</p>	<p style="text-align: center;">7 Cabbage Roll Over Brown Rice Mixed Vegetables Club-Style Spinach Whole Wheat Roll Fresh Apple</p>	<p style="text-align: center;">8 Orange Glazed Chicken Stewed Tomatoes with Macaroni Cauliflower Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">9 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussel Sprouts Mixed Grain Bread Fresh Pear</p>
<p style="text-align: center;">12 Chicken Fajita Casserole Over Spanish Rice Flour Tortilla Corn O' Brien Refried Beans Fresh Apple</p>	<p style="text-align: center;">13 Spaghetti and Meatballs Italian Vegetables Beets Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">14 <u>Happy Valentines!</u> Lemon Dill Fish Over Quinoa Japanese Vegetables Root Vegetable Trio Mixed Grain Bread Fresh Pear Sugar Cookie with Sprinkles</p>	<p style="text-align: center;">15 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Mandarin Orange</p>	<p style="text-align: center;">16 Sweet & Sour Pork Brown Rice Carrots Broccoli Whole Wheat Roll Fresh Kiwi</p>
<p style="text-align: center;">19 <u>President's Day</u> Cajun Baked Fish Over Black Beans and Rice Okra Mélange Green Beans Nine Grain Bread Fresh Orange</p>	<p style="text-align: center;">20 Turkey Pot Pie Spinach Mix Grain Bread Oatmeal Raisin Bar Fresh Pear</p>	<p style="text-align: center;">21 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches</p>	<p style="text-align: center;">22 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple</p>	<p style="text-align: center;">23 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Orange</p>
<p style="text-align: center;">26 BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">27 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange</p>	<p style="text-align: center;">28 Meatloaf and Gravy Mashed Potatoes Spinach Whole Wheat Roll Oatmeal Fruit Bar Fresh Kiwi</p>	<p style="text-align: center;">29 Herb Baked Chicken Lentils & Rice Pilaf Carrots Roasted Brussel Sprouts Whole Wheat Roll Fresh Mandarin Orange</p>	

Reservations required by 2pm one business day in advance. Call 360-377-8511 or 1-888-877-8511 to reserve.

Hearing or speech impaired persons may contact us by calling 711, the TTY relay number.

All fresh produce is subject to availability. Approved substitutions may be made without notice.

Suggested donation for seniors 60 and over is \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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