

## Meals on Wheels Kitsap Hot Meals Menu ~ February 2024

			<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>Orange Glazed Chicken</b> Stewed Tomato with Macaroni Cauliflower Whole Wheat Bread Peaches</p>	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Turkey a la King</b> Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Orange</p>
<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b>Chicken Fajita Casserole over Spanish Rice</b> Warm Flour Tortilla Mexicali Vegetables Refried Beans Fresh Apple</p>	<p style="text-align: center;"><b>6</b></p> <p style="text-align: center;"><b>Spaghetti and Meatballs</b> Italian Vegetables Garden Salad Thousand Island Dressing Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b>Lemon Dill Fish</b> Quinoa Japanese Vegetables Carrot Raisin Salad Nine Grain Bread Fresh Pear</p>	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b>Macaroni and Cheese</b> Hearty Salad Catalina Dressing Lima Beans Whole Wheat Bread Mandarin Oranges</p>	<p style="text-align: center;"><b>9</b></p> <p style="text-align: center;"><b>Sweet &amp; Sour Pork</b> Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Whole Wheat Roll Pineapple</p>
<p style="text-align: center;"><b>12</b></p> <p style="text-align: center;"><b>Cajun Baked Fish</b> Tartar Sauce Black Beans and Rice Okra Mélange Green Beans Nine Grain Bread Fresh Orange</p>	<p style="text-align: center;"><b>13</b></p> <p style="text-align: center;"><b>Turkey Pot Pie</b> Spinach Mix Grain Bread Oatmeal Raisin Bar Diced Pears</p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b><u>Valentine's Day Lunch</u></b> <b>Roast Pork Slice with Brown Gravy Over Barley</b> Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia Sugar Cookie with Sprinkles</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;"><b>Clam Chowder</b> Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Whole Wheat Roll Fresh Apple</p>	<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Turkey Chili</b> Wild Rice Pilaf Winter Squash Raisin Bread Peaches</p>
<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"><b><u>President's Day</u></b></p> <p style="text-align: center;">No Meal Services</p>	<p style="text-align: center;"><b>20</b></p> <p style="text-align: center;"><b>Salmon Fillet</b> Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Pineapple</p>	<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b>Meatloaf and Gravy</b> Mashed Potatoes Spinach German Coleslaw Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Herb Baked Chicken</b> Lentils &amp; Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Bread Pudding Whipped Topping Fresh Mandarin Orange</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>Cabbage Roll Over Brown Rice</b> Corn O'Brien Black-eyed Pea Salad Whole Wheat Roll Sunshine Salad</p>
<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><b>Pork Stew Over Quinoa</b> Winter Squash Broccoli Rye Bread Fresh Orange</p>	<p style="text-align: center;"><b>27</b></p> <p style="text-align: center;"><b>Turkey Porcupine Meatballs over Brown Rice</b> Green Beans Beet and Onion Salad Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><b>Lemon Pepper Fish</b> Tartar Sauce Roasted Sweet Potatoes Club Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b>Salisbury Steak</b> Mushroom Sauce Barley Brussel Sprouts Whole Wheat Roll Fresh Apple</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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