

Meals on Wheels Kitsap Frozen Meals Menu ~ February 2025

3 Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear	4 Mulligatawny Soup Barley Corn Nine Grain Bread String Cheese Fresh Mandarin Orange	5 Orange Glazed Chicken Over Brown Rice Diced Carrots Cauliflower Whole Wheat Bread Fresh Pear	6 Cabbage Roll Over Quinoa Mixed Vegetables Club-Style Spinach Whole Wheat Roll Fresh Apple	7 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussel Sprouts Mixed Grain Bread Fresh Orange
10 Chicken Fajita Casserole Over Spanish Rice Flour Tortilla Corn O' Brien Refried Beans Fresh Apple	11 Spaghetti and Meatballs Italian Vegetables Beets Whole Wheat Bread Fresh Orange	12 Lemon Pepper Fish Over Quinoa Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Brownie Diced Peaches	13 Sweet & Sour Pork Brown Rice Carrots Broccoli Whole Wheat Roll Fresh Kiwi	14 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Mandarin Orange
17 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Kiwi	18 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple	19 Mardi Gras Chicken Over Brown Rice Cauliflower Spinach Whole Wheat Roll Fresh Pear	20 Shepard's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	21 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Fresh Pear Sugar Cookie With Sprinkles
24 BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Fresh Pear	25 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange	26 Meatloaf and Gravy Mashed Potatoes Spinach Whole Wheat Roll Oatmeal Fruit Bar Fresh Kiwi	27 Herb Baked Chicken Lentils & Rice Pilaf Carrots Roasted Brussel Sprouts Whole Wheat Roll Fresh Mandarin Orange	28 Cabbage Roll Over Brown Rice Black Eyed Peas Broccoli Whole Wheat Roll Fresh Apple

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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