

Meals on Wheels Kitsap Hot Meals Menu ~ February 2025

3 Chicken Fajita Casserole over Spanish Rice Warm Flour Tortilla Mexicali Vegetables Refried Beans Fresh Apple	4 Spaghetti and Meatballs Italian Vegetables Garden Salad Thousand Island Dressing Whole Wheat Bread Fresh Orange	5 Lemon Pepper Fish Over Quinoa Tartar Sauce Roasted Sweet Potatoes Club Style Spinach Mixed Grain Bread Fresh Pear	6 Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Nine Grain Bread Pineapple	7 Macaroni and Cheese Hearty Salad Catalina Dressing Lima Beans Whole Wheat Roll Mandarin Oranges
10 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Peaches	11 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Tropical Fruit Salad	12 Mardi Gras Chicken Over Brown Rice Cauliflower Spinach Whole Wheat Roll Apricots	13 Shepard's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	14 <u>Valentine's Lunch</u> Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia Sugar Cookie with Sprinkles
17 President's Day  No Meal Services	18 Salmon Fillet Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Pineapple	19 Meatloaf and Gravy Mashed Potatoes Spinach German Coleslaw Whole Wheat Bread Fresh Apple	20 Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Fresh Mandarin Orange	21 Cabbage Roll Over Brown Rice Corn O'Brien Black-eyed Pea Salad Whole Wheat Roll Sunshine Salad
24 Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Mélange Green Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi	25 Turkey Porcupine Meatballs over Brown Rice Green Beans Beet and Onion Salad Whole Wheat Bread Fresh Pear	26 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Orange	27 Salisbury Steak Mushroom Sauce Barley Brussel Sprouts Whole Wheat Roll Fresh Apple	28 Honey Lemon Chicken over Curly Noodles Diced Carrots Peas and Onions Whole Wheat Bread Ice Milk Tropical Fruit Salad

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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