

Meals on Wheels Kitsap Hot Meals Menu ~ February 2019

				1 Honey Lemon Chicken Mashed Potatoes and Gravy Tropical Fruit Salad Peas and Onions Whole Wheat Roll *Ice Milk
4 Baked Macaroni and Cheese Bean Medley Hearty Salad FF French Dressing Whole Wheat Roll Mandarin Oranges	5 Ham Potato Bake Winter Mix Vegetables Pea Cheese Salad Whole Wheat Bread Peaches	6 Baked Fish Florentine Baked Potato Half Lima Beans Festive Sunshine Salad Mixed Grain Bread Peanut Butter Cookie	7 Teriyaki Chicken Brown Rice Oriental Spinach Apple Slaw Whole Wheat Roll Fortune Cookie	8 Spaghetti and Meatballs Italian Vegetables Garden Salad Thousand Island Dressing (2) Nine Grain Bread Fresh Orange
11 Baked Fish Almandine Lemon Juice Creamed Corn Japanese Vegetables Carrot Raisin Salad Nine Grain Bread Fresh Orange	12 Beef Cabbage Roll Black-eyed Pea Salad Mixed Vegetables Orange Poppy Seed Salad	13 Orange Glazed Chicken Stewed Tomato with Macaroni Marinated Vegetable Salad Mixed Grain Bread Waldorf Salad	14 Valentine's Day Lunch Swedish Meatballs Baked Potato Half Green Bean Casserole Festive Sunshine Salad Rye Bread Sugar Cookie with Sprinkles	15 Pork Adobo Brown Rice Oriental Vegetables Carrot Pineapple Salad Whole Wheat Bread Oatmeal Fruit Bar
18 President's Day No Meal Services	19 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Sunshine Salad Brownie	20 Vegetarian Lasagna Broccoli Apricots Whole Wheat Bread Sherbet	21 Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Whole Wheat Roll Pineapple	22 Chicken Fajita Casserole Warm Flour Tortilla Spanish Rice Refried Beans Pears
25 Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Corn Salad Pears Oatmeal Raisin Bar	26 Turkey Slice with Gravy Wild Rice Pilaf Winter Squash Orange Poppy Seed Salad Fresh Apple	27 BBQ Pork Ribs HM Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	28 Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Melange Marinated Green Bean Salad Mandarin Oranges	

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. * = no sugar added FF = fat free

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

Suggested donation for seniors 60 and over is \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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Nutrient Analysis for February 2019

Analysis is for all components of the meal, including 1 cup 1% milk. For additional nutrition information or questions, please contact the Meals on Wheels Kitsap office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
1	Honey Lemon Chicken	818	841	48	23	106	102
4	Baked Macaroni and Cheese	820	1198	36	35	69	85
5	Ham Potato Bake	672	1168	31	27	71	82
6	Baked Fish Florentine	814	594	46	23	103	112
7	Teriyaki Chicken	726	835	43	29	102	66
8	Spaghetti and Meatballs	725	994	36	28	86	91
11	Baked Fish Almandine	706	851	41	21	94	97
12	Beef Cabbage Roll	582	925	25	19	50	84
13	Orange Glazed Chicken	1079	829	61	52	95	98
14	Swedish Meatballs	807	994	33	28	101	107
15	Pork Adobo	806	809	52	24	134	99
19	Clam Chowder and Salad	877	761	33	37	42	109
20	Vegetarian Lasagna	717	1139	32	23	56	103
21	Sweet and Sour Pork	728	769	40	25	95	79
22	Chicken Fajita Casserole	690	1051	44	19	83	90
25	Soup and ½ Sandwich	713	684	31	23	50	106
26	Turkey Slice	740	1136	34	20	64	115
27	BBQ Pork Ribs	846	1031	43	32	107	100
28	Cajun Baked Fish	701	755	44	32	107	63