

## Meals on Wheels Kitsap Hot Meals Menu ~ January 2019

	<b>1</b>  <b>New Year's Day. No Meal Services.</b>	<b>2</b> Black-eyed Pea Salad Beef Cabbage Roll Mixed Vegetables Orange Poppy Seed Salad	<b>3</b> Marinated Vegetable Salad Orange Glazed Chicken Stewed Tomato with Macaroni Mixed Grain Bread Waldorf Salad	<b>4</b> German Coleslaw Turkey a la King Curly Noodles Peas Mixed Grain Bread Fresh Mandarin Orange
<b>7</b> Chicken Fajita Casserole Warm Flour Tortilla Spanish Rice Refried Beans Pears	<b>8</b> German Coleslaw Meatloaf Gravy Baked Potato Half Spinach Mixed Grain Bread *Ice Milk	<b>9</b> Carrot Raisin Salad Baked Fish Almandine Lemon Juice Creamed Corn Japanese Vegetables Nine Grain Bread Fresh Orange	<b>10</b> Apricots Vegetarian Lasagna Broccoli Whole Wheat Bread Sherbet	<b>11</b> Tomato Onion Salad Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Whole Wheat Roll Pineapple
<b>14</b> Orange Poppy Seed Salad Turkey Slice Turkey Gravy Wild Rice Pilaf Winter Squash Fresh Apple	<b>15</b> Fresh Mandarin Orange Mulligatawny Soup Chicken Salad Sandwich Half on Whole Wheat Bread Corn Salad Oatmeal Raisin Bar	<b>16</b> Rainbow Pasta Salad Beef Chili Tortilla Chips Broccoli Cinnamon Applesauce	<b>17</b> BBQ Pork Ribs HM Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	<b>18</b> Marinated Green Bean Salad Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Melange Mandarin Orange
<b>21</b>  <b>Martin Luther King Day. No meal services.</b>	<b>22</b> Pea-Cheese Salad Salmon Fillet Lemon Wedge Red Potatoes Scandinavian Vegetables Raisin Bread Cinnamon Applesauce	<b>23</b> Rainbow Pasta Salad Turkey Pot Pie Spinach Fresh Orange	<b>24</b> Apple Slaw Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Bread Pudding Whipped Topping	<b>25</b> Black-eyed Pea Salad Beef Cabbage Roll Corn O'Brien Broccoli Sunshine Salad
<b>28</b> Broccoli Salad Pork Stew Winter Squash Rye Bread Fresh Apple	<b>29</b> Turkey Porcupine Meatballs Green Beans Carrot Raisin Salad Beet and Onion Salad *Chocolate Pudding	<b>30</b> Mandarin Oranges Lemon Pepper Fish Tartar Sauce Roasted Sweet Potatoes Collards & Onions Mixed Grain Bread Chocolate Chip Cookie	<b>31</b> Salisbury Steak Mushroom Sauce Barley Carrots Mixed Grain Bread Kiwi	

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 January 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
2	Beef Cabbage Roll	582	925	25	19	50	84
3	Orange Glazed Chicken	1079	829	61	52	712	98
4	Turkey a la King	838	1039	37	34	50	100
7	Chicken Fajita Casserole	690	1051	44	19	83	90
8	Meatloaf	836	1073	41	35	76	100
9	Baked Fish Almandine	706	851	41	21	94	97
10	Vegetarian Lasagna	717	1139	32	23	56	103
11	Sweet and Sour Pork	728	769	40	25	95	79
14	Turkey Slice	740	1136	34	20	64	115
15	Soup and Chicken Salad Sandwich	690	681	32	23	50	100
16	Beef Chili	701	762	36	23	70	97
17	BBQ Pork Ribs	846	1031	43	32	107	100
18	Cajun Baked Fish	701	755	44	32	107	63
22	Salmon Fillet	731	931	44	24	109	96
23	Turkey Pot Pie	656	1026	36	25	78	79
24	Herb Baked Chicken	783	640	44	34	115	81
25	Cabbage Roll	553	911	26	18	48	78
28	Pork Stew	679	788	43	25	103	79
29	Turkey Porcupine Meatballs	692	1127	49	21	182	81
30	Lemon Pepper Fish	802	705	42	30	95	92
31	Salisbury Steak	680	897	32	31	86	73