**Meals on Wheels Kitsap Hot Meals Menu ~ January 2020**

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|  | [Image result for New Years Clipart](https://www.bing.com/images/search?q=new+years+clipart&id=DE264ED3B0768B87E78D3B274EDBEBA15BD4044E&FORM=IQFRBA) | **1**  **New Year’s**  **Day**  No Meal Services | **2**  **Beef Cabbage Roll**  Over Brown Rice  Mixed Vegetables  Black-eyed Pea Salad  Whole Wheat Roll  Fresh Pear | **3**  **Turkey a la King**  Curly Noodles  Peas  German Coleslaw  Mixed Grain Bread  Fresh Mandarin Orange |
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| **6**  **Chicken Fajita Casserole**  Warm Flour Tortilla  Spanish Rice  Refried Beans  Fresh Kiwi | **7**  **Meatloaf**  Gravy  Barley  Spinach  German Coleslaw  Mixed Grain Bread  Ice Milk | **8**  **Baked Fish Almandine**  Quinoa  Japanese Vegetables  Carrot Raisin Salad  Nine Grain Bread  Fresh Orange | **9**  **Vegetarian Lasagna**  Lima Beans  Broccoli  Whole Wheat Bread  Sherbet  Fresh Apple | **10**  **Turkey Pot Pie**  Spinach  Rainbow Pasta Salad  Whole Wheat Roll  Fresh Orange |
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| **13**  **Beef Stew**  Broccoli  Rainbow Pasta Salad  Cinnamon Applesauce  Whole Wheat Bread | **14**  **Mulligatawny Soup**  **Chicken Salad Sandwich Half**  with Lettuce & Tomato  on Whole Wheat Bread  Corn Salad  Fresh Mandarin Orange  Oatmeal Raisin Bar | **15**  **Turkey Slice**  Turkey Gravy  Wild Rice Pilaf  Winter Squash  Orange Poppy Seed Slaw  Fresh Orange  Whole Wheat Roll | **16**  **BBQ Pork Ribs**  Quinoa  Baked Beans  California Vegetables  Whole Wheat Bread  Tropical Fruit Salad | **17**  **Cajun Baked Fish**  Tartar Sauce  Black Beans and Rice  Okra Mélange  Marinated Green Bean Salad  Fresh Apple  Nine Grain Bread |
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| **20**  **Martin Luther King Day**  [Image result for Martin Luther Clipart](https://www.bing.com/images/search?q=martin+luther+clipart&id=0BA942800551062C193EEFA05C7DDCB23D7D2FBA&FORM=IQFRBA)  **No Meal Services** | **21**  **Roast Pork Slice**  Brown Gravy  Roasted Sweet Potatoes  Marinated Vegetable Salad  Raisin Bread  Ambrosia  3 pack Graham Crackers | **22**  **Salmon Fillet**  Lemon Wedge  Barley  Scandinavian Vegetables  Pea-Cheese Salad  Mixed Grain Bread  Cinnamon Applesauce | **23**  **Chinese New Year Lunch**  **Sweet & Sour Pork**  Brown Rice  Carrots  Oriental Vegetables  Whole Wheat Roll  Pineapple  Fortune Cookie | **24**  **Herb Baked Chicken**  Lentils & Rice Pilaf  Cauliflower  Apple Slaw  Bread Pudding  Whipped Topping |
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| **27**  **Beef Cabbage Roll**  **Over Brown Rice**  Corn O’Brien  Broccoli  Black-eyed Pea Salad  Sunshine Salad  Whole Wheat Bread | **28**  **Turkey Porcupine Meatballs over ¼ cup Brown Rice.**  Green Beans  Beet and Onion Salad  Fresh Pear  Whole Wheat Bread | **29**  **Pork Stew**  **Over Quinoa**  Winter Squash  Broccoli Salad  Rye Bread  Fresh Orange | **30**  **Salisbury Steak**  Mushroom Sauce  Barley  Brussel Sprouts  Whole Wheat Roll  Fresh Apple | **31**  **Honey Lemon Chicken over Curly Noodles**  Mashed Potatoes and Gravy  Peas and Onions  Tropical Fruit Salad  Whole Wheat Bread  Ice Milk |