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

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|  | Image result for New Years Clipart | **1****New Year’s** **Day**No Meal Services | **2****Beef Cabbage Roll**Over Brown RiceMixed VegetablesBlack-eyed Pea SaladWhole Wheat RollFresh Pear | **3****Turkey a la King**Curly NoodlesPeas German ColeslawMixed Grain BreadFresh Mandarin Orange |
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| **6****Chicken Fajita Casserole**Warm Flour TortillaSpanish RiceRefried BeansFresh Kiwi | **7****Meatloaf**GravyBarleySpinachGerman ColeslawMixed Grain BreadIce Milk | **8****Baked Fish Almandine**QuinoaJapanese VegetablesCarrot Raisin SaladNine Grain BreadFresh Orange | **9****Vegetarian Lasagna**Lima BeansBroccoliWhole Wheat BreadSherbetFresh Apple | **10****Turkey Pot Pie**SpinachRainbow Pasta SaladWhole Wheat RollFresh Orange |
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| **13****Beef Stew**BroccoliRainbow Pasta SaladCinnamon ApplesauceWhole Wheat Bread | **14****Mulligatawny Soup****Chicken Salad Sandwich Half**with Lettuce & Tomatoon Whole Wheat BreadCorn SaladFresh Mandarin OrangeOatmeal Raisin Bar | **15****Turkey Slice**Turkey GravyWild Rice PilafWinter SquashOrange Poppy Seed SlawFresh OrangeWhole Wheat Roll | **16****BBQ Pork Ribs**QuinoaBaked BeansCalifornia VegetablesWhole Wheat BreadTropical Fruit Salad | **17****Cajun Baked Fish**Tartar SauceBlack Beans and RiceOkra MélangeMarinated Green Bean SaladFresh AppleNine Grain Bread |
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| **20****Martin Luther King Day**Image result for Martin Luther Clipart**No Meal Services** | **21****Roast Pork Slice**Brown GravyRoasted Sweet PotatoesMarinated Vegetable SaladRaisin BreadAmbrosia3 pack Graham Crackers | **22****Salmon Fillet**Lemon WedgeBarleyScandinavian VegetablesPea-Cheese SaladMixed Grain BreadCinnamon Applesauce | **23****Chinese New Year Lunch****Sweet & Sour Pork**Brown RiceCarrotsOriental VegetablesWhole Wheat RollPineappleFortune Cookie | **24****Herb Baked Chicken**Lentils & Rice PilafCauliflowerApple SlawBread PuddingWhipped Topping |
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| **27****Beef Cabbage Roll****Over Brown Rice**Corn O’BrienBroccoliBlack-eyed Pea SaladSunshine SaladWhole Wheat Bread | **28****Turkey Porcupine Meatballs over ¼ cup Brown Rice.**Green BeansBeet and Onion SaladFresh PearWhole Wheat Bread | **29****Pork Stew****Over Quinoa**Winter SquashBroccoli SaladRye BreadFresh Orange | **30****Salisbury Steak**Mushroom SauceBarleyBrussel SproutsWhole Wheat RollFresh Apple | **31****Honey Lemon Chicken over Curly Noodles**Mashed Potatoes and GravyPeas and OnionsTropical Fruit SaladWhole Wheat BreadIce Milk |