



Meals on Wheels Kitsap Frozen Meals Menu ~ January 2022

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| 3 Cajun Baked Fish Black Beans and Rice Okra Mélange Nine Grain Bread Fresh Orange | 4 Beef Stew Broccoli Stewed Tomatoes with Macaroni Whole Wheat Bread Applesauce | 5 Turkey Slice Turkey Gravy Over Wild Rice Pilaf Green Beans Winter Squash Raisin Bread Fresh Apple | 6 Mulligatawny Soup Barley Corn Whole Wheat Bread String Cheese Fresh Pear | 7 Mardi Gras Chicken Succotash Carrots Nine Grain Bread 3 Pack Grahams Fresh Orange |
| 10 Cabbage Roll Over Brown Rice Black Eyed Peas Broccoli Whole Wheat Bread Fresh Pear | 11 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches | 12 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange | 13 Turkey Pot Pie Corn O'Brien Spinach Whole Wheat Bread Oatmeal Fruit Bar Fresh Apple | 14 Herb Baked Chicken Lentils & Rice Pilaf Carrots Roasted Brussel Sprouts Whole Wheat Roll Fresh Orange |
| 17 <i>Martin Luther King Jr. Day</i> Honey Lemon Chicken Over Curly Noodles California Vegetables Peas and Onions Whole Wheat Bread Ice Milk Fresh Orange | 18 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Apple | 19 Turkey Porcupine Meatballs over Brown Rice Green Beans Carrots and Cauliflower Whole Wheat Bread Fresh Pear | 20 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi | 21 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Apple |
| 24 Baked Fish Florentine Brown Rice Pilaf Mixed Grain Bread Roasted Sweet Potatoes Oatmeal Fruit Bar Marion Berries | 25 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Pear | 26 Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas Whole Wheat Bread Brownie Applesauce | 27 <i>National Chocolate Cake Day!</i> Spaghetti and Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange Chocolate Cake | 28 Teriyaki Chicken Over Brown Rice Oriental Spinach Carrots Whole Wheat Roll Fortune Cookie Fresh Apple |
| 31 Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear |  | | |  |

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 \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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