

Meals on Wheels Kitsap Frozen Meals Menu ~ January 2023

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

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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