



## Meals on Wheels Kitsap Hot Meals Menu ~ January 2023

<p><b>2</b></p> <p><b><u>New Year's Day</u></b></p> <p><b>No Meal Services</b></p>	<p><b>3</b></p> <p><b>Roast Pork Slice with Brown Gravy Over Barley</b> Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia</p>	<p><b>4</b></p> <p><b>Salmon Fillet</b> Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Pineapple</p>	<p><b>5</b></p> <p><b>Turkey Pot Pie</b> Spinach Rainbow Pasta Salad Whole Wheat Bread Fresh Orange</p>	<p><b>6</b></p> <p><b>Herb Baked Chicken</b> Lentils &amp; Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Bread Pudding Whipped Topping Apple Slaw</p>
<p><b>9</b></p> <p><b>Honey Lemon Chicken over Curly Noodles</b> Diced Carrots Peas and Onions Whole Wheat Bread Ice Milk Tropical Fruit Salad</p>	<p><b>10</b></p> <p><b>Pork Stew Over Quinoa</b> Winter Squash Broccoli Salad Rye Bread Fresh Apple</p>	<p><b>11</b></p> <p><b>Turkey Porcupine Meatballs over Brown Rice</b> Green Beans Beet and Onion Salad Whole Wheat Bread Fresh Pear</p>	<p><b>12</b></p> <p><b>Lemon Pepper Fish</b> Tartar Sauce Roasted Sweet Potatoes Club Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi</p>	<p><b>13</b></p> <p><b>Salisbury Steak</b> Mushroom Sauce Barley Brussel Sprouts Whole Wheat Roll Fresh Apple</p>
<p><b>16</b></p> <p><b><u>Martin Luther King Day</u></b></p> <p><b>No Meal Services</b></p>	<p><b>17</b></p> <p><b>Teriyaki Chicken</b> Over Brown Rice Oriental Spinach Carrots Whole Wheat Roll Fortune Cookie Fresh Pear</p>	<p><b>18</b></p> <p><b>Ham Potato Bake Over Quinoa</b> Winter Mix Vegetables Black Eye Pea Salad Whole Wheat Bread Brownie Peaches</p>	<p><b>19</b></p> <p><b>Spaghetti and Meatballs</b> Italian Vegetables Garden Salad Thousand Island Dressing Nine Grain Bread Fresh Orange</p>	<p><b>20</b></p> <p><b><u>National Cheese Lover's Day</u></b> <b>Macaroni and Cheese</b> Hearty Salad Catalina Dressing Pea-Cheese Salad Whole Wheat Roll Apple Slaw</p>
<p><b>23</b></p> <p><b>Pork Adobo</b> Brown Rice Chef's Mix Vegetables Carrot Pineapple Salad Whole Wheat Bread Fresh Pear</p>	<p><b>24</b></p> <p><b>Clam Chowder</b> Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Apple</p>	<p><b>25</b></p> <p><b>Cabbage Roll Over Brown Rice</b> Mixed Vegetables Black-eyed Pea Salad Whole Wheat Roll Diced Pears</p>	<p><b>26</b></p> <p><b>Orange Glazed Chicken</b> Stewed Tomato with Macaroni Cauliflower Whole Wheat Bread Fresh Apple</p>	<p><b>27</b></p> <p><b>Turkey a la King</b> Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Mandarin Orange</p>
<p><b>30</b></p> <p><b>Chicken Fajita Casserole over Spanish Rice</b> Warm Flour Tortilla Mexicali Vegetables Refried Beans Pineapple</p>	<p><b>31</b></p> <p><b>Meatloaf and Gravy</b> Mashed Potatoes Spinach German Coleslaw Nine Grain Bread Peaches</p>			<p><i>Revised_12/27/22</i></p>

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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