



Meals on Wheels Kitsap Frozen Meals Menu ~ January 2024

1 <i>New Year's Day</i> Sweet & Sour Pork Brown Rice Carrots Broccoli Whole Wheat Roll Fresh Kiwi	2 Chicken Fajita Casserole Over Spanish Rice Flour Tortilla Corn O' Brien Refried Beans Fresh Apple	3 Spaghetti and Meatballs Italian Vegetables Beets Whole Wheat Bread Fresh Orange	4 Lemon Dill Fish Over Quinoa Oriental Vegetables Root Vegetable Trio Mixed Grain Bread Fresh Pear	5 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Mandarin Orange
8 Cajun Baked Fish Over Black Beans and Rice Okra Mèlange Green Beans Nine Grain Bread Fresh Orange	9 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Kiwi	10 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple	11 Turkey Pot Pie Spinach Mix Grain Bread Oatmeal Raisin Bar Fresh Pear	12 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches
15 <i>Martin Luther King Jr. Day</i> Cabbage Roll Over Brown Rice Black Eyed Peas Broccoli Whole Wheat Roll Fresh Apple	16 BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Fresh Pear	17 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange	18 Meatloaf and Gravy Mashed Potatoes Spinach Whole Wheat Roll Oatmeal Fruit Bar Fresh Kiwi	19 Herb Baked Chicken Lentils & Rice Pilaf Carrots Roasted Brussel Sprouts Whole Wheat Roll Fresh Mandarin Orange
22 Honey Lemon Chicken Over Curly Noodles California Vegetables Peas and Onions Whole Wheat Bread Ice Milk Fresh Orange	23 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Apple	24 Turkey Porcupine Meatballs Over Brown Rice Green Beans Carrots and Cauliflower Whole Wheat Bread Fresh Pear	25 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi	26 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Apple
29 Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Marion Berries	30 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Cherry Pie	31 Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas 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 \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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