



Meals on Wheels Kitsap Hot Meals Menu ~ January 2024

1 <u>New Year's Day</u> No Meal Services	2 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Peaches	3 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Apple	4 Turkey Pot Pie Spinach Mix Grain Bread Oatmeal Raisin Bar Diced Pears	5 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia
8 Cabbage Roll Over Brown Rice Corn O'Brien Black-eyed Pea Salad Whole Wheat Roll Sunshine Salad	9 BBQ Pork Ribs Quinoa Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	10 Salmon Fillet Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Pineapple	11 Meatloaf and Gravy Mashed Potatoes Spinach German Coleslaw Whole Wheat Bread Fresh Apple	12 Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Bread Pudding Whipped Topping Fresh Mandarin Orange
15 <u>Dr. Martin Luther King Day</u> No Meal Services	16 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Orange	17 Turkey Porcupine Meatballs over Brown Rice Green Beans Beet and Onion Salad Whole Wheat Bread Fresh Pear	18 Lemon Pepper Fish Tartar Sauce Roasted Sweet Potatoes Club Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi	19 Salisbury Steak Mushroom Sauce Barley Brussel Sprouts Whole Wheat Roll Fresh Apple
22 Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Fresh Mandarin Orange	23 <u>National Pie Day</u> Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Cherry Pie	24 Ham Potato Bake Over Quinoa Winter Mix Vegetables Black Eye Pea Salad Nine Grain Bread Peaches	25 Beef Stew Broccoli Rainbow Pasta Salad Whole Wheat Bread Cinnamon Applesauce	26 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fortune Cookie Apple Slaw
29 Pork Adobo Brown Rice Chef's Mix Vegetables Carrot Pineapple Salad Whole Wheat Bread Diced Pears	30 Mulligatawny Soup Chicken Salad Wrap with Lettuce & Tomato on Spinach Tortilla Corn Salad Oatmeal Raisin Bar Fresh Mandarin Orange	31 Cabbage Roll Over Brown Rice Mixed Vegetables Broccoli Salad Whole Wheat Roll 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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