

Meals on Wheels Kitsap Frozen Meals Menu ~ January 2025

		<p style="text-align: center;">1 <u>New Year's Day</u> Spaghetti and Meatballs Italian Vegetables Beets Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">2 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Brownie Fresh Pear</p>	<p style="text-align: center;">3 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Mandarin Orange</p>
<p style="text-align: center;">6 Shepard's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">7 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Kiwi</p>	<p style="text-align: center;">8 Cabbage Roll Over Brown Rice Corn Black-eyed Pea Salad Whole Wheat Roll Sunshine Salad</p>	<p style="text-align: center;">9 Mardi Gras Chicken Carrots Spinach Mix Grain Bread Oatmeal Raisin Bar Fresh Pear</p>	<p style="text-align: center;">10 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches</p>
<p style="text-align: center;">13 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple</p>	<p style="text-align: center;">14 BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">15 Meatloaf and Gravy Mashed Potatoes Spinach Whole Wheat Roll Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">16 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Kiwi</p>	<p style="text-align: center;">17 Herb Baked Chicken Lentils & Rice Pilaf Carrots Roasted Brussel Sprouts Whole Wheat Roll Fresh Mandarin Orange</p>
<p style="text-align: center;">20 <u>Martin Luther King Jr. Day</u> Honey Lemon Chicken Over Curly Noodles California Vegetables Peas and Onions Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">21 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Ice Milk Fresh Apple</p>	<p style="text-align: center;">22 Turkey Porcupine Meatballs Over Brown Rice Green Beans Carrots and Cauliflower Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">23 Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas Nine Grain Bread Fresh Kiwi</p>	<p style="text-align: center;">24 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Apple</p>
<p style="text-align: center;">27 Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Marion Berries</p>	<p style="text-align: center;">28 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Fresh Orange</p>	<p style="text-align: center;">29 Cajun Baked Fish Over Black Beans and Rice Okra Mèlange Green Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Apple</p>	<p style="text-align: center;">30 Beef Stew Broccoli Stewed Tomatoes with Macaroni Whole Wheat Bread Fresh Mandarin Orange</p>	<p style="text-align: center;">31 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fresh Pear</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 \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org

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