

Meals on Wheels Kitsap Hot Meals Menu ~ January 2025

		1 <u>New Year's Day</u> No Meal Services	2 Mardi Gras Chicken Carrots Spinach Mix Grain Bread Oatmeal Raisin Bar Diced Pears	3 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia
6 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Apple	7 BBQ Pork Ribs Quinoa Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	8 Meatloaf and Gravy Mashed Potatoes Spinach German Coleslaw Whole Wheat Bread Fresh Apple	9 Salmon Fillet Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Pineapple	10 Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Bread Pudding Whipped Topping Fresh Mandarin Orange
13 Honey Lemon Chicken over Curly Noodles Diced Carrots Peas and Onions Whole Wheat Bread Ice Milk Tropical Fruit Salad	14 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Orange	15 Turkey Porcupine Meatballs over Brown Rice Green Beans Beet and Onion Salad Whole Wheat Bread Fresh Pear	16 Ham Potato Bake Over Quinoa Winter Mix Vegetables Black Eye Pea Salad Nine Grain Bread Fresh Apple	17 Salisbury Steak Mushroom Sauce Barley Brussel Sprouts Whole Wheat Roll Peaches
20 <u>Martin Luther King Jr. Day</u>  No Meal Services	21 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Apricots	22 Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Mélange Green Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi	23 Beef Stew Broccoli Rainbow Pasta Salad Whole Wheat Bread Pineapple	24 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Apple Slaw
27 Pork Adobo Brown Rice Chef's Mix Vegetables Carrot Pineapple Salad Whole Wheat Bread Diced Pears	28 Mulligatawny Soup Chicken Salad Wrap with Lettuce & Tomato on Spinach Tortilla Corn Salad Oatmeal Raisin Bar Fresh Mandarin Orange	29 Lunar New Year Lunch Orange Glazed Chicken Over Brown Rice Diced Carrots Cauliflower Whole Wheat Bread Fortune Cookie Tropical Fruit Salad	30 Cabbage Roll Over Quinoa Mixed Vegetables Broccoli Salad Whole Wheat Roll Fresh Apple	31 Turkey a la King Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Orange

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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