

Meals on Wheels Kitsap Frozen Meals Menu ~ July 2021

			<p style="text-align: center;">1</p> <p style="text-align: center;">Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">2</p> <p style="text-align: center;"><i>4th of July Lunch</i> Gourmet Beef Burger Whole Wheat Bun Ketchup and Mustard Baked Beans Cooked Cabbage Oatmeal Raisin Bar</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Turkey Slice w/ Gravy Mashed Potatoes Brussel Sprouts Nine Grain Bread Oatmeal Fruit Bar Fresh Peach</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">BBQ Pulled Pork on Whole Wheat Bun Corn O'Brien Broccoli Fresh Apple</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Sherbet Fresh Orange</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Italian Herb Baked Chicken Pasta Primavera Green Beans Mixed Grain Bread Fresh Kiwi</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens & Onions Whole Wheat Bread Fresh Apple</p>
<p style="text-align: center;">12</p> <p style="text-align: center;">Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Pear</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Pork Chow Mein over Brown Rice Oriental Spinach Carrots Whole Wheat Bread Applesauce</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Nine Grain Bread String Cheese Fresh Apple</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Grilled Chicken with Mayonnaise on Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">Baked Fish Almandine Over Quinoa Red Potatoes Club Spinach Raisin Bread Fresh Orange</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Pear</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Turkey Tetrazzini Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Peach</p>
<p style="text-align: center;">26</p> <p style="text-align: center;">BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Oatmeal Raisin Bar Fresh Orange</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Sweet & Sour Chicken Over Brown Rice Carrots Cauliflower 3 Pack Graham Crackers Blueberries</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Spinach Raisin Bread Cinnamon Applesauce</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Fresh Orange</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Beef Cabbage Roll Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Apple</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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