

Meals on Wheels Kitsap Hot Meals Menu ~ June 2019

3 Pork Chow Mein Brown Rice Oriental Spinach Tomato Zucchini Salad Whole Wheat Bread Sunshine Salad	4 Turkey Vegetable Soup Oyster Crackers Marinated Vegetable Salad Hearty Salad Fat-Free French Dressing Peaches	5 Grilled Chicken with Mayonnaise Lettuce/Tomato On Whole Wheat Bun Black Beans-Corn-Peppers Beet Onion Salad Tropical Fruit Salad	6 Quiche Lorraine Red Potatoes Carrot Raisin Salad Spinach Pineapple	7 Spaghetti w/Meat Sauce Winter Mix Vegetables Marinated Green Bean Salad Mixed Grain Bread Cantaloupe/Blueberry Salad
10 Chicken Taco Salad Fat-free French Dressing Fresh Zucchini Sticks Tortilla Chips Salsa Corn Salad Oatmeal Fruit Bar	11 Vegetarian Lasagna California Vegetables Apple Slaw Whole Wheat Bread Tropical Fruit Salad	12 Turkey Tetrzzini Roasted Brussels Sprouts Pears Ice Milk	13 <u>Father's Day Lunch</u> Salisbury Steak w/Mushroom Gravy Baked Potato Rosemary Roasted Carrots Nine Grain Bread Honeydew Melon	14 Mardi Gras Chicken Creamed Corn Stewed Tomatoes Black-Eyed Pea Salad Mixed Grain Bread Apricots
17 Beef Cabbage Roll Winter Squash Orange Poppy Seed Slaw Italian Vegetables Sherbet	18 Clam Chowder Oyster Crackers Hearty Tossed Salad HM Balsamic Vinegar Dressing Sunshine Salad Brownie	19 Sweet & Sour Chicken Brown Rice Oriental Vegetables Black-Eyed Pea Salad Nine Grain Bread Apricots	20 Zesty Bean Soup Hearty Salad Balsamic Vinegar Dressing Corn Salad Nine Grain Bread Peach Cobbler	21 BBQ Pork Ribs Baked Beans Carrots Coleslaw Whole Wheat Bread Fresh Fruit Salad
24 Herb Baked Fish Lemon Juice Roasted Potato Medley California Vegetables German Coleslaw Whole Wheat Bread Peaches	25 Broccoli Cheddar Quiche Peas & Onions Corn Salad Whole Wheat Roll Waldorf Salad	26 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad	27 Hot Turkey Sandwich w/ Mashed Potatoes and Gravy Whole Wheat Bread Brussel Sprouts Corn Salad Pear	28 BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread Cantaloupe

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. * = no sugar added FF = fat free

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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Nutrient Analysis for June 2019

Analysis is for all components of the meal, including 1 cup 1% milk. For additional nutrition info or questions, please contact the Meals on Wheels Kitsap office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
3	Pork Chow Mein	677	975	41	21	82	88
4	Turkey Vegetable Soup	635	1136	27	27	37	79
5	Grilled Chicken Sandwich	638	891	47	17	101	80
6	Quiche Lorraine	708	772	27	26	141	98
7	Spaghetti w/Meat Sauce	725	910	41	23	71	98
10	Chicken Taco Salad	712	1069	34	23	80	100
11	Vegetarian Lasagna	687	1207	32	26	60	86
12	Turkey Tetrazzini	638	759	33	23	63	89
13	Salisbury Steak	804	1014	36	35	84	93
14	Mardi Gras Chicken	961	1074	58	45	164	92
17	Beef Cabbage Roll	603	972	22	16	51	99
18	Clam Chowder	876	761	33	37	42	109
19	Sweet and Sour Chicken	707	556	43	20	88	94
20	Zesty Bean Soup	656	757	30	17	24	104
21	BBQ Pork Ribs	866	1155	42	34	109	103
24	Herb Baked Fish	676	1128	28	24	48	94
25	Broccoli Cheddar Quiche	759	888	29	32	140	87
26	Hawaiian Pork	887	577	48	28	108	106
27	Hot Turkey Sandwich	624	959	31	15	53	102
28	BBQ Meatballs	705	1160	36	19	86	102