

Meals on Wheels Kitsap Frozen Meals Menu ~ June 2022

		<p>1 BBQ Pulled Pork on Whole Wheat Bun Corn O'Brien Broccoli Fresh Apple</p>	<p>2 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Sherbet Fresh Orange</p>	<p>3 Italian Herb Baked Chicken Pasta Primavera Green Beans Mixed Grain Bread Fresh Kiwi</p>
<p>6 Grilled Chicken with Mayonnaise on Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange</p>	<p>7 Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p>8 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Pear</p>	<p>9 Pork Chow Mein over Brown Rice Oriental Spinach Carrots Whole Wheat Bread Applesauce</p>	<p>10 Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Nine Grain Bread String Cheese Fresh Apple</p>
<p>13 Turkey Tetrazzini Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Pear</p>	<p>14 Lemon Dill Fish Over Quinoa Red Potatoes Club Spinach Raisin Bread Fresh Orange</p>	<p>15 Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Apple</p>	<p>16 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Pear</p>	<p>17 Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries</p>
<p>20 <u>Juneteenth Holiday</u> Zesty Bean Soup Corn Pasta Primavera Nine Grain Bread Oatmeal Fruit Bar Fresh Kiwi</p>	<p>21 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Orange</p>	<p>22 Sweet & Sour Chicken Over Brown Rice Carrots Cauliflower 3 Pack Graham Crackers Marion Berries</p>	<p>23 <u>Father's Day Lunch</u> Salisbury Steak w/Mushroom Gravy Mashed Potato Rosemary Roasted Carrots Nine Grain Bread Fresh Apple</p>	<p>24 Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Fresh Orange</p>
<p>27 BBQ Meatballs Over Quinoa Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange</p>	<p>28 Herb Baked Fish Over Quinoa Roasted Root Vegetables California Vegetables Nine Grain Bread Fresh Kiwi</p>	<p>29 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Apple</p>	<p>30 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce</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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