

## Meals on Wheels Kitsap Hot Meals Menu ~ March 2019

				<b>1</b> <b>Beef Chili</b> Tortilla Chips Cabbage Rainbow Pasta Salad Cinnamon Applesauce
<b>4</b> <b>Turkey Pot Pie</b> Spinach Rainbow Pasta Salad Fresh Orange	<b>5</b> <b>Herb Baked Chicken</b> Lentils & Rice Pilaf Rosemary Roasted Carrots Apple Slaw Bread Pudding Whipped Topping	<b>6</b> <b>Zesty Bean Soup</b> Hearty Tossed Salad Corn Salad Nine Grain Bread Pineapple	<b>7</b> <b>Roast Pork Slice</b> Pork Gravy Roasted Sweet Potatoes Green Beans Marinated Vegetable Salad Mixed Grain Bread Ambrosia	<b>8</b> <b>Salmon Fillet</b> Lemon Wedge Red Potatoes Scandinavian Vegetables Pea Cheese Salad Raisin Bread Cinnamon Applesauce
<b>11</b> <b>Turkey Porcupine Meatballs</b> Green Beans Carrot Raisin Salad Beet and Onion Salad *Chocolate Pudding	<b>12</b> <b>Lemon Pepper Fish</b> Tartar Sauce Roasted Sweet Potatoes Collards & Onions Mandarin Oranges Mixed Grain Bread Chocolate Chip Cookie	<b>13</b> <b>Salisbury Steak</b> Mushroom Sauce Barley Carrots Mixed Grain Bread Kiwi	<b>14</b> <b>Honey Lemon Chicken</b> Mashed Potatoes and Gravy Peas and Onions Tropical Fruit Salad Whole Wheat Roll *Ice Milk	<b>15</b> <b>♣ St. Patrick's Day ♣</b> <b>Corned Beef</b> Cabbage Red Potatoes Country Trio Vegetables Pears Raisin Bread Green Sugar Cookie
<b>18</b> <b>Ham Potato Bake</b> Winter Mix Vegetables Pea Cheese Salad Whole Wheat Bread Peaches	<b>19</b> <b>Hot Turkey Sandwich</b> w/Mashed Potatoes and Gravy on Whole Wheat Bread Corn Salad Brussel Sprouts Pear	<b>20</b> <b>Clam Chowder</b> Oyster Crackers Hearty Tossed Salad HM Balsamic Vinegar Dressing Sunshine Salad Brownie	<b>21</b> <b>Baked Fish Florentine</b> Baked Potato Half Lima Beans Festive Sunshine Salad Mixed Grain Bread Peanut Butter Cookie	<b>22</b> <b>Baked Macaroni and Cheese</b> Hearty Salad FF French Dressing Bean Medley Whole Wheat Roll Mandarin Oranges
<b>25</b> <b>Beef Cabbage Roll</b> Mixed Vegetables Orange Poppy Seed Slaw Black-eyed Pea Salad	<b>26</b> <b>Orange Glazed Chicken</b> Stewed Tomato with Macaroni Marinated Vegetable Salad Mixed Grain Bread Waldorf Salad	<b>27</b> <b>Turkey a la King</b> Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Mandarin Orange	<b>28</b> <b>Pork Adobo</b> Brown Rice Oriental Vegetables Carrot Pineapple Salad Whole Wheat Bread Oatmeal Fruit Bar	<b>29</b> <b>Teriyaki Chicken</b> Brown Rice Oriental Spinach Apple Slaw Whole Wheat Roll Fortune Cookie

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 March 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
1	Beef Chili	701	762	36	23	70	97
4	Turkey Pot Pie	656	1026	36	25	78	79
5	Herb Baked Chicken	783	640	44	34	115	81
6	Zesty Bean Soup	579	739	29	15	23	89
7	Roast Pork Slice	778	770	43	33	97	83
8	Salmon Fillet	731	931	44	24	109	96
11	Turkey Porcupine Meatballs	692	1127	49	21	182	81
12	Lemon Pepper Fish	802	705	42	30	95	92
13	Salisbury Steak	680	897	32	31	86	73
14	Honey Lemon Chicken	818	841	48	23	106	102
15	Comed Beef	833	1216	34	31	110	111
18	Ham Potato Bake	672	1168	31	27	71	82
19	Hot Turkey Sandwich	623	959	31	15	53	102
20	Clam Chowder and Salad	877	761	33	37	42	109
21	Baked Fish Florentine	814	594	46	23	103	112
22	Baked Macaroni and Cheese	820	1198	36	35	69	85
25	Beef Cabbage Roll	582	925	25	19	50	84
26	Orange Glazed Chicken	1079	829	61	52	95	98
27	Turkey a la King	838	1039	37	34	50	100
28	Pork Adobo	806	809	52	24	134	99
29	Chicken Teriyaki	715	733	43	26	98	70