

Meals on Wheels Kitsap Frozen Meals Menu ~ March 2023

		1 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange	2 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Apple	3 Honey Lemon Chicken Over Curly Noodles California Vegetables Peas and Onions Whole Wheat Bread Ice Milk Fresh Orange
6 Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas Whole Wheat Bread Brownie Applesauce	7 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Pear	8 Spaghetti and Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange	9 Teriyaki Chicken Over Brown Rice Oriental Spinach Carrots Whole Wheat Roll Fortune Cookie Fresh Apple	Baked Fish Florentine Brown Rice Pilaf Mixed Grain Bread Roasted Sweet Potatoes Oatmeal Fruit Bar Marion Berries
13 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Fresh Orange	14 Cabbage Roll Over Brown Rice Mixed Vegetables Club-Style Spinach Whole Wheat Roll Fresh Kiwi	15 Orange Glazed Chicken Stewed Tomatoes with Macaroni Cauliflower Whole Wheat Bread Fresh Apple	16 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussel Sprouts Mixed Grain Bread Fresh Orange	17 Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear
20 Meatloaf and Gravy Mashed Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	21 Lemon Dill Fish Over Quinoa Oriental Vegetables Root Vegetable Trio Mixed Grain Bread Fresh Apple	22 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple	23 Sweet & Sour Pork Brown Rice Carrots Broccoli Whole Wheat Roll Fresh Kiwi	24 Corned Beef Over Barley Cabbage Red Potatoes Pears Raisin Bread Green Sprinkle Sugar Cookie
27 Turkey Pot Pie Corn O'Brien Spinach Whole Wheat Bread Oatmeal Fruit Bar Fresh Apple	28 Mulligatawny Soup Barley Corn Whole Wheat Bread String Cheese Fresh Orange	29 BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Fresh Pear	30 Cajun Baked Fish Over Black Beans and Rice Okra Mélange Green Beans Nine Grain Bread Fresh Orange	31 Beef Stew Broccoli Stewed Tomatoes with Macaroni Whole Wheat Bread Applesauce

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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