
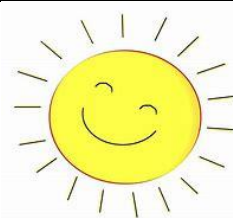


Meals on Wheels Kitsap Hot Meals Menu ~ March 2024

				1 Honey Lemon Chicken over Curly Noodles Diced Carrots Peas and Onions Whole Wheat Bread Ice Milk Tropical Fruit Salad
4 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Apricots	5 Ham Potato Bake Over Quinoa Winter Mix Vegetables Black Eye Pea Salad Nine Grain Bread Brownie Peaches	6 Sloppy Joes on Whole Wheat Bun Club Style Spinach Corn Sunshine Salad	7 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fortune Cookie Apple Slaw	8 Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Fresh Mandarin Orange
11 Turkey a la King Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Orange	12 Cabbage Roll Over Brown Rice Mixed Vegetables Broccoli Salad Whole Wheat Roll Fresh Apple	13 Orange Glazed Chicken Stewed Tomato with Macaroni Cauliflower Whole Wheat Bread Peaches	14 Mulligatawny Soup Chicken Salad Wrap with Lettuce & Tomato on Spinach Tortilla Corn Salad Oatmeal Raisin Bar Fresh Mandarin Orange	15 <u>St. Patrick's Day Lunch</u> Corned Beef Over Barley Cabbage Red Potatoes Pears Raisin Bread Green Sprinkle Sugar Cookie
18 Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Whole Wheat Roll Pineapple	19 Chicken Fajita Casserole over Spanish Rice Warm Flour Tortilla Mexicali Vegetables Refried Beans Fresh Apple	20 Spaghetti and Meatballs Italian Vegetables Garden Salad Thousand Island Dressing Whole Wheat Bread Fresh Orange	21 Lemon Dill Fish Quinoa Japanese Vegetables Carrot Raisin Salad Mixed Grain Bread Pears	22 Macaroni and Cheese Hearty Salad Catalina Dressing Lima Beans Whole Wheat Roll Mandarin Oranges
25 Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Mélange Green Beans Nine Grain Bread Fresh Orange	26 Beef Stew Broccoli Winter Squash Raisin Bread Peaches	27 Turkey Pot Pie Spinach Mix Grain Bread Oatmeal Raisin Bar Diced Pears	28 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Apple	29 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia

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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