

Meals on Wheels Kitsap Frozen Meals Menu ~ March 2025

<p>3</p> <p>Cajun Baked Fish Over Black Beans and Rice Okra Mélange Green Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi</p>	<p>4</p> <p>Turkey Porcupine Meatballs Over Brown Rice Green Beans Carrots and Cauliflower Whole Wheat Bread Fresh Pear</p>	<p>5</p> <p>Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Apple</p>	<p>6</p> <p>Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Pear</p>	<p>7</p> <p>Honey Lemon Chicken Over Curly Noodles California Vegetables Peas and Onions Whole Wheat Bread Ice Milk Fresh Mandarin Orange</p>
<p>10</p> <p>Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Fresh Orange</p>	<p>11</p> <p>Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas Nine Grain Bread Brownie Fresh Apple</p>	<p>12</p> <p>Shepard's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p>13</p> <p>Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fortune Cookie Fresh Apple</p>	<p>14</p> <p>Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Marion Berries</p>
<p>17</p> <p>Mulligatawny Soup Barley Corn Nine Grain Bread String Cheese Fresh Mandarin Orange</p>	<p>18</p> <p>Cabbage Roll Over Quinoa Mixed Vegetables Club-Style Spinach Whole Wheat Roll Fresh Kiwi</p>	<p>19</p> <p>Orange Glazed Chicken Over Brown Rice Diced Carrots Cauliflower Whole Wheat Bread Fresh Pear</p>	<p>20</p> <p>Turkey a la King Over Curly Noodles Scandinavian Vegetables Brussel Sprouts Mixed Grain Bread Fresh Orange</p>	<p>21</p> <p>Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear</p>
<p>24</p> <p>Corned Beef Over Barley Cabbage Red Potatoes Raisin Bread Brownie Fresh Apple</p>	<p>25</p> <p>Lemon Pepper Fish Over Quinoa Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Fresh Pear</p>	<p>26</p> <p>Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Mandarin Orange</p>	<p>27</p> <p>Sweet & Sour Pork Brown Rice Carrots Broccoli Whole Wheat Roll Fresh Kiwi</p>	<p>28</p> <p>Chicken Fajita Casserole Over Spanish Rice Flour Tortilla Corn O' Brien Refried Beans Fresh Apple</p>
<p>31</p> <p>Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Orange</p>			<p><i>Purple Crocus Flower:</i></p> <p><i>A Promise of Spring to Come!</i></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 \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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