

Meals on Wheels Kitsap Hot Meals Menu ~ March 2025

3 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Apricots	4 Ham Potato Bake Over Quinoa Winter Mix Vegetables Black Eye Pea Salad Nine Grain Bread Peaches	5 Shepard's Pie Mixed Vegetables Whole Wheat Bread Oatmeal Fruit Bar Fresh Orange	6 Teriyaki Chicken Over Brown Rice Japanese Vegetables Carrots Whole Wheat Roll Fortune Cookie Apple Slaw	7 Baked Fish Florentine Over Brown Rice Pilaf Roasted Sweet Potatoes Cauliflower Mixed Grain Bread Fresh Mandarin Orange
10 Mulligatawny Soup Chicken Salad Wrap with Lettuce & Tomato on Spinach Tortilla Corn Salad Oatmeal Fruit Bar	11 Cabbage Roll Over Brown Rice Mixed Vegetables Broccoli Salad Whole Wheat Roll Fresh Apple	12 Orange Glazed Chicken Stewed Tomato with Macaroni Carrots Nine Grain Bread Sherbet Peaches	13 Turkey a la King Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Orange	14 Pork Adobo Brown Rice Chef's Mix Vegetables Carrot Pineapple Salad Whole Wheat Bread Diced Pears
17 <u>St. Patrick's Day Lunch</u> Corned Beef Over Barley Cabbage Red Potatoes Fresh Pear Raisin Bread Brownie	18 Lemon Pepper Fish Tartar Sauce Roasted Sweet Potatoes Club Style Spinach Mixed Grain Bread Tropical Fruit Salad	19 Macaroni and Cheese Hearty Salad Catalina Dressing Lima Beans Whole Wheat Roll Mandarin Oranges	20 Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Whole Wheat Bread Pineapple	21 Chicken Fajita Casserole Over Spanish Rice Warm Flour Tortilla Mexicali Vegetables Refried Beans Fresh Apple
24 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Apple	25 Mardi Gras Chicken Over Brown Rice Cauliflower Spinach Whole Wheat Roll Diced Pears	26 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia	27 Spaghetti and Meatballs Italian Vegetables Garden Salad Thousand Island Dressing Nine Grain Bread Fresh Orange	28 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Peaches
31 Salmon Fillet Lemon Wedge Barley Scandinavian Vegetables Pea-Cheese Salad Mix Grain Bread Fresh Orange			<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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