

Meals on Wheels Kitsap Frozen Meals Menu ~ May 2021

3 Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Fresh Orange	4 Beef Cabbage Roll Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Apple	5 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Oatmeal Raisin Bar Fresh Orange	6 Sweet & Sour Chicken Over Brown Rice Carrots Chef's Mix Vegetables Whole Wheat Bread Marion Berries	7 <u>Mother's Day Lunch</u> Meatloaf and Gravy Over Barley Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler
10 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear	11 BBQ Meatballs Over Quinoa Baked Beans Country Trio Vegetables Raisin Bread Orange	12 Herb Baked Fish Lemon Juice Roasted Root Vegetables California Vegetables Nine Grain Bread Kiwi	13 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Mixed Grain Bread Fresh Apple	14 Hawaiian Pork Over Brown Rice Sweet Potatoes Chef's Mix Vegetables Whole Wheat Roll Fortune Cookie Applesauce
17 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Spinach Raisin Bread Cinnamon Applesauce	18 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Ice Milk Diced Pears	19 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Peanut Butter Cookie Fresh Apple	20 Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Pear	21 Beef Enchiladas Mexicali Vegetables Collard Greens & Onions Nine Grain Bread Oatmeal Fruit Bar Fresh Orange
24 Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens & Onions Wheat Bread Fresh Apple	25 Turkey Slice w/ Gravy Mashed Potatoes Brussel Sprouts Nine Grain Bread Oatmeal Fruit Bar Pear	26 BBQ Pulled Pork on Whole Wheat Bun Corn O'Brien Broccoli Fresh Apple	27 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Sherbet Fresh Orange	28 Italian Herb Baked Chicken Pasta Primavera Green Beans Mixed Grain Bread Fresh Kiwi
31 <u>Memorial Day</u> Grilled Chicken with Mayonnaise on Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange				

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 \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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