




Meals on Wheels Kitsap Frozen Meals Menu ~ May 2022

<p>2 Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries</p>	<p>3 Turkey Tetrazzini Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Pear</p>	<p>4 Lemon Dill Fish Over Quinoa Red Potatoes Club Spinach Raisin Bread Fresh Orange</p>	<p>5 Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Apple</p>	<p>6 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Pear</p>
<p>9 Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Fresh Orange</p>	<p>10 Stuffed Bell Pepper Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Apple</p>	<p>11 BBQ Pork Ribs Over Brown Rice Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Mandarin Orange</p>	<p>12 Sweet & Sour Chicken Over Brown Rice Carrots Cauliflower 3 Pack Graham Crackers Fresh Pear</p>	<p>13 <u>Mother's Day Lunch</u> Meatloaf And Gravy Over Barley Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler</p>
<p>16 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear</p>	<p>17 BBQ Meatballs Over Quinoa Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange</p>	<p>18 Herb Baked Fish Over Quinoa Roasted Root Vegetables California Vegetables Nine Grain Bread Fresh Kiwi</p>	<p>19 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Apple</p>	<p>20 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Mandarin Orange</p>
<p>23 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Spinach Whole Wheat Bread Cinnamon Applesauce</p>	<p>24 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Ice Milk Diced Pears</p>	<p>25 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Peanut Butter Cookie Fresh Apple</p>	<p>26 Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Pear</p>	<p>27 Beef Enchilada Casserole Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange</p>
<p>30 <u>Memorial Day</u> Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens & Onions Whole Wheat Bread Fresh Apple</p>	<p>31 Turkey Slice w/ Gravy Mashed Potatoes Brussel Sprouts Nine Grain Bread Oatmeal Fruit Bar Fresh Pear</p>	<p>MEMORIAL DAY </p>	<p></p>	<p></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 \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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