


Meals on Wheels Kitsap Frozen Meals Menu ~ May 2023

1 Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple	2 Grilled Chicken with Mayonnaise on Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange	3 Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Nine Grain Bread String Cheese Fresh Apple	4 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Pear	5 Pork Chow Mein Over Brown Rice Oriental Spinach Carrots Whole Wheat Bread Applesauce
8 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Pear	9 Turkey Tetrazzini Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Pear	10 Lemon Dill Fish Over Quinoa Red Potatoes Club Spinach Raisin Bread Fresh Orange	11 Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Apple	12 Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries
15 Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Fresh Orange	16 Sweet & Sour Chicken Over Brown Rice Carrots Cauliflower 3 Pack Graham Crackers Marion Berries	17 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Orange	18 Stuffed Pepper Casserole Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Apple	19 <u>Mother's Day Lunch</u> Meatloaf And Gravy Over Barley Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler
22 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear	23 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange	24 Herb Baked Fish Over Quinoa Roasted Root Vegetables California Vegetables Nine Grain Bread Fresh Kiwi	25 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce	26 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Apple
29 <u>Memorial Day</u> Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Spinach Whole Wheat Bread Mandarin Orange	30 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Ice Milk Diced Pears	31 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Peanut Butter Cookie Fresh Apple		

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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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