


# Meals on Wheels Kitsap Hot Meals Menu ~ May 2023

<p><b>1</b> <b>Mardi Gras Chicken</b> Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Pineapple</p>	<p><b>2</b> <b>Turkey Tetrizzini</b> Roasted Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Pear</p>	<p><b>3</b> <b>Lemon Dill Fish</b> Over Quinoa Red Potatoes Club Spinach Raisin Bread Fresh Orange</p>	<p><b>4</b> <b>Vegetarian Lasagna</b> California Vegetables Black Eyed Pea Salad Whole Wheat Bread Fresh Apple</p>	<p><b>5</b> <b>Chicken Taco Salad</b> Fat-free Catalina Dressing Fresh Zucchini Sticks Salsa Corn Salad Tortilla Chips Flour Tortilla Oatmeal Fruit Bar</p>
<p><b>8</b> <b>Salmon Fillet Over Barley</b> Root Vegetable Trio Broccoli Whole Wheat Roll Fresh Orange</p>	<p><b>9</b> <b>Sweet &amp; Sour Chicken Over Brown Rice</b> Carrots Chef's Mix Vegetables Mixed Grain Bread Apricots</p>	<p><b>10</b> <b>BBQ Pork Ribs</b> Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Fruit Salad</p>	<p><b>11</b> <b>Stuffed Pepper Casserole Over Brown Rice</b> Winter Squash Lima Beans Nine Grain Bread Fresh Apple</p>	<p><b>12</b> <b><i>Mother's Day Lunch</i></b> <b>Meatloaf And Gravy Over Barley</b> Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler</p>
<p><b>15</b> <b>Turkey Pot Pie</b> Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Pears</p>	<p><b>16</b> <b>BBQ Meatballs Over Curly Noodles</b> Baked Beans Country Trio Vegetables Raisin Bread Cantaloupe</p>	<p><b>17</b> <b>Herb Baked Fish Over Quinoa</b> Lemon Juice Roasted Root Vegetables California Vegetables Nine Grain Bread Peaches</p>	<p><b>18</b> <b>Hawaiian Pork Over Brown Rice Pilaf</b> Oriental Vegetables Carrot Date Salad Whole Wheat Roll Fortune Cookie Tropical Fruit Salad</p>	<p><b>19</b> <b>Broccoli Cheddar Quiche</b> Peas &amp; Onions Corn Salad Whole Wheat Bread Apple Slaw</p>
<p><b>22</b> <b>Breakfast Casserole Over Quinoa</b> Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce</p>	<p><b>23</b> <b>Teriyaki Chicken Over Brown Rice</b> Broccoli Cauliflower Whole Wheat Roll Ice Milk Kiwi</p>	<p><b>24</b> <b>Minestrone Soup Turkey Chef's Salad</b> Light Ranch Dressing Veggie Sticks Rye Bread Sugar Cookie Honeydew</p>	<p><b>25</b> <b>Beef Enchilada Casserole</b> Mexicali Vegetables Marinated Vegetable Salad Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange</p>	<p><b>26</b> <b>Breaded Fish Patty on Whole Wheat Bun</b> Tartar Sauce Tomato &amp; Onion Garden Salad Fat-Free Catalina Dressing Glazed Carrots Fresh Pear</p>
<p><b>29</b> <b><i>Memorial Day</i></b>  <b>No meal services</b></p>	<p><b>30</b> <b>Hot Turkey Sandwich On Nine Grain Bread</b> Mashed Potatoes and Gravy Brussel Sprouts Rainbow Pasta Salad Pear</p>	<p><b>31</b> <b>BBQ Pulled Pork on Whole Wheat Bun</b> Corn O'Brien Garden Salad Light Ranch Dressing Fresh Apple</p>		

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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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