


Meals on Wheels Kitsap Hot Meals Menu ~ May 2019

		1 Chicken Taco Salad Fat-free French Dressing Fresh Zucchini Sticks Tortilla Chips Salsa Corn Salad Oatmeal Fruit Bar	2 Baked Fish Almandine Lemon Juice Red Potatoes Club Spinach Raisin Bread Fresh Orange	3 Vegetarian Lasagna California Vegetables Apple Slaw Whole Wheat Bread Tropical Fruit Salad
6 Salmon Fillet Lemon Wedge Roasted Potato Medley Spinach Fresh Orange Whole Wheat Roll Chocolate Chip Cookie	7 Beef Cabbage Roll Winter Squash Orange Poppy Seed Slaw Italian Vegetables Sherbet	8 BBQ Pork Ribs Baked Beans Carrots Coleslaw Whole Wheat Bread Fresh Fruit Salad	9 Sweet & Sour Chicken Brown Rice Oriental Vegetables Black-Eyed Pea Salad Nine Grain Bread Apricots	10  <i>Mother's Day</i> <i>Lunch</i> Zesty Bean Soup Hearty Salad Balsamic Vinegar Dressing Corn Salad Nine Grain Bread Peach Cobbler
13 Hot Turkey Sandwich w/ Mashed Potatoes and Gravy Whole Wheat Bread Brussel Sprouts Marinated Vegetable Salad Pear	14 BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread Cantaloupe	15 Herb Baked Fish Lemon Juice Roasted Potato Medley California Vegetables German Coleslaw Whole Wheat Bread Peaches	16 Broccoli Cheddar Quiche Peas & Onions Corn Salad Whole Wheat Roll Waldorf Salad	17 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad
20 Teriyaki Chicken Brown Rice Brussels Sprouts Pears Whole Wheat Roll Ice Milk	21 Breakfast Casserole Rosemary Roasted Carrots Orange Poppy Seed Slaw Raisin Bread	22 Minestrone Soup Turkey Chef's Salad Light Ranch Dressing Veggie Sticks Mixed Grain Bread Honeydew	23 Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Tomato & Onion Glazed Carrots Garden Salad Fat-Free French Dressing Yogurt w/Strawberries	24 Beef Enchilada Mexicali Vegetables Marinated Vegetable Salad Cinnamon Applesauce
27 Memorial Day  No Meal Services	28 Italian Herb Baked Chicken Pasta Primavera Lima Beans Mixed Grain Bread Strawberry Shortcake Whipped Topping	29 BBQ Pulled Pork On Whole Wheat Bun Garden Salad Light Ranch Dressing Corn O'Brien Fresh Apple	30 Beef Cabbage Roll Rosemary Roasted Carrots Corn Salad Fresh Orange Whole Wheat Roll	31 Turkey Pot Pie Broccoli Orange Poppy Seed Slaw Nine Grain Bread Pears

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. * = no sugar added FF = fat free

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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Nutrient Analysis for May 2019

Analysis is for all components of the meal, including 1 cup 1% milk. For additional nutrition info or questions please contact the Meals on Wheels Kitsap office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
1	Chicken Taco Salad	712	1069	34	23	80	100
2	Baked Fish Almandine	848	952	52	30	120	103
3	Vegetarian Lasagna	687	1207	32	26	60	86
6	Salmon Fillet	706	1121	39	24	85	81
7	Beef Cabbage Roll	603	972	22	16	51	99
8	BBQ Pork Ribs	866	1155	42	34	109	103
9	Sweet and Sour Chicken	707	556	43	20	88	94
10	Zesty Bean Soup	730	758	30	19	24	119
13	Hot Turkey Sandwich	668	993	30	24	52	93
14	BBQ Meatballs	705	1160	36	19	86	102
15	Herb Baked Fish	676	1128	28	24	48	94
16	Broccoli Cheddar Quiche	759	888	29	32	140	87
17	Hawaiian Pork	887	577	48	28	108	106
20	Teriyaki Chicken	901	910	59	33	163	88
21	Breakfast Casserole	730	852	30	32	233	87
22	Minestrone Soup and Salad	713	1119	37	35	118	68
23	Breaded Fish Patty	737	1154	33	24	56	106
24	Beef Enchilada	647	743	25	27	43	89
28	Turkey Pot Pie	766	1079	38	26	79	105
29	BBQ Pulled Pork	697	1059	34	26	86	88
30	Beef Cabbage Roll	681	1158	25	25	60	86
31	Italian Herb Baked Chicken	1012	830	62	37	162	107