

Meals on Wheels Kitsap Frozen Meals Menu ~ November 2021

1 Chicken Fajita over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries	2 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Pear	3 Creole Baked Fish over Brown Rice Sweet Potatoes Collard Greens & Onions Whole Wheat Bread Fresh Apple	4 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Spinach Raisin Bread Cinnamon Applesauce	5 BBQ Pulled Pork on Whole Wheat Bun Corn O'Brien Broccoli Fresh Orange
8 BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Peach	9 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Raisin Bar Fresh Apple	10 Chicken Mulligatawny Soup Barley Green Beans Whole Wheat Bread String Cheese Fresh Kiwi	11 <u>Veteran's Day</u> Swedish Meatballs over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear	12 Salmon Fillet over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin
15 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	16 Beef Cabbage Roll over Brown Rice Green Beans Carrots Whole Wheat Bread Fresh Apple	17 Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	18 Hawaiian Pork over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Pear	19 Honey Lemon Chicken over Quinoa Peas Carrots & Cauliflower Whole Wheat Bread Fresh Pear
22 Roast Pork Slice With Gravy over Wild Rice Pilaf Broccoli Rosemary Carrots Nine Grain Bread Fresh Apple	23 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Brownie Fresh Orange	24 Chicken Marinara over Spaghetti Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk	25 <u>Thanksgiving</u> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Winter Squash Pumpkin Pie Fresh Orange	26 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread Yogurt with Strawberries
29 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards & Onions Mixed Grain Bread Fresh Pear	30 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Applesauce			

Final_10/15/2021

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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