

Meals on Wheels Kitsap Frozen Meals Menu ~ November 2022

	<p style="text-align: center;">1 Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Peaches</p>	<p style="text-align: center;">2 Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries</p>	<p style="text-align: center;">3 Baked Ziti Cauliflower Green Beans Whole Wheat Bread Fresh Kiwi</p>	<p style="text-align: center;">4 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>
<p style="text-align: center;">7 Swedish Meatballs Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Ice Milk Fresh Pear</p>	<p style="text-align: center;">8 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">9 Chicken Mulligatawny Soup Wild Rice Pilaf Winter Squash Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">10 Meatloaf With Brown Gravy Over Barley Cauliflower Winter Squash Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;">11 <u>Veterans Day</u> Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin</p>
<p style="text-align: center;">14 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">15 Beef Cabbage Roll Over Brown Rice Green Beans Carrots Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;">16 Turkey Slice Over Brown Rice With Gravy Broccoli Winter Squash Mixed Grain Bread Fresh Orange</p>	<p style="text-align: center;">17 Hawaiian Pork Over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Mandarin</p>	<p style="text-align: center;">18 Honey Lemon Chicken Over Quinoa Peas Carrots & Cauliflower Whole Wheat Bread Fresh Pear</p>
<p style="text-align: center;">21 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Nine Grain Bread Fresh Apple</p>	<p style="text-align: center;">22 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Brownie Fresh Orange</p>	<p style="text-align: center;">23 Chicken Marinara over Spaghetti Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk</p>	<p style="text-align: center;">24 <u>Thanksgiving Day</u> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Winter Squash Pumpkin Pie Fresh Orange</p>	<p style="text-align: center;">25 Hungarian Goulash Spinach Cauliflower Rye Bread Fresh Apple</p>
<p style="text-align: center;">28 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Applesauce</p>	<p style="text-align: center;">29 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread Frozen Marion Berries</p>	<p style="text-align: center;">30 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Fresh Orange</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.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org

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