

Meals on Wheels Kitsap Hot Meals Menu ~ November 2022

	<p>1 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Sunshine Salad</p>	<p>2 Chicken Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Fresh Baby Carrots 3 Pack Graham Crackers Apple Slaw</p>	<p>3 Meatloaf With Brown Gravy Over Barley Cauliflower Winter Squash Whole Wheat Bread Apricots</p>	<p>4 Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Mandarin Orange</p>
<p>7 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Kiwi</p>	<p>8 Cabbage Roll Over Brown Rice Carrots Marinated Green Bean Salad Whole Wheat Bread Apple Slaw</p>	<p>9 Turkey Chef Salad 1000 Island Dressing Rainbow Pasta Salad Mixed Grain Bread Fresh Fruit Salad</p>	<p>10 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Pineapple</p>	<p>11 <u>Veterans Day</u> No Meal Services</p>
<p>14 Roast Pork Slice With Gravy Wild Rice Pilaf Broccoli Carrot Pineapple Salad Mixed Grain Bread Fresh Apple</p>	<p>15 Broccoli Cheddar Quiche Mexicali Vegetables Garden Salad Ranch Dressing Nine Grain Bread Brownie Fresh Orange</p>	<p>16 Chicken Marinara over Spaghetti Brussels Sprouts Orange Poppy Seed Slaw Whole Wheat Roll Ice Milk</p>	<p>17 <u>Thanksgiving Lunch</u> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Winter Squash Festive Sunshine Salad Pumpkin Pie w/Whipped Topping</p>	<p>18 Hungarian Goulash Spinach Rye Bread Coconut Pudding Apple Slaw</p>
<p>21 BBQ Chicken Mixed Vegetables Rainbow Pasta Salad Cornbread Fresh Apple</p>	<p>22 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Sunshine Salad Whole Wheat Bread Yogurt w/Strawberries</p>	<p>23 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Peaches</p>	<p>24 <u>Thanksgiving Day</u> No Meal Services</p>	<p>25 <u>Day after Thanksgiving</u> No Meal Services</p>
<p>28 Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Fresh Kiwi</p>	<p>29 Turkey a la King Over Curly Noodles Brussel Sprouts Tomato Zucchini Salad Whole Wheat Bread Fresh Orange</p>	<p>30 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards and Onions Mixed Grain Bread Fresh Apple</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.

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