

Meals on Wheels Kitsap Frozen Meals Menu ~ November 2023

		<p>1 Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries</p>	<p>2 Baked Ziti Cauliflower Green Beans Whole Wheat Bread Fresh Apple</p>	<p>3 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>
<p>6 BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Orange</p>	<p>7 Swedish Meatballs Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear</p>	<p>8 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread String Cheese Fresh Apple</p>	<p>9 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Frozen Marion Berries</p>	<p>10 <u>Veteran's Day</u> Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin Orange</p>
 Meals on Wheels Kitsap 50th Anniversary Week-Throwback 70's items in <i>Italic</i> 				
<p>13 Beef Stroganoff Carrots Green Beans Whole Wheat Bread Fresh Mandarin Orange</p>	<p>14 Honey Lemon Chicken Over Quinoa Winter Squash Peas Whole Wheat Roll <i>Strawberry Jello Salad</i></p>	<p>15 Sloppy Joes on Whole Wheat Bun Club Style Spinach Corn Fresh Pear</p>	<p>16 Shepherd's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p>17 Lemon Pepper Fish Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Bread Fresh Peach</p>
<p>20 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Whole Wheat Roll Fresh Kiwi</p>	<p>21 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Fresh Apple</p>	<p>22 Chicken Marinara over Spaghetti Italian Blend Veggies Cauliflower Whole Wheat Roll Ice Milk</p>	<p>23 <u>Thanksgiving Day</u> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Brussels Sprouts Pumpkin Pie Fresh Pear</p>	<p>24 Chicken Mulligatawny Soup Wild Rice Pilaf Winter Squash Whole Wheat Bread Fresh Orange</p>
<p>27 Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>	<p>28 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Applesauce</p>	<p>29 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Mixed Grain Bread Fresh Pear</p>	<p>30 Turkey a la King Over Curly Noodles Brussel Sprouts Stewed Tomatoes Whole Wheat Roll 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 \$5.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

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