

Meals on Wheels Kitsap Hot Meals Menu ~ November 2023

		<p style="text-align: center;">1 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Whole Wheat Bread Yogurt w/Strawberries</p>	<p style="text-align: center;">2 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">3 Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Pineapple</p>
 Meals on Wheels Kitsap 50th Anniversary Week-Throwback 70's items in <i>Italic</i> 				
<p style="text-align: center;">6 Beef Stroganoff Carrots Green Beans Whole Wheat Bread Tropical Fruit Salad</p>	<p style="text-align: center;">7 Honey Lemon Chicken Over Quinoa Winter Squash Peas Whole Wheat Roll <i>Strawberry Jello Salad</i></p>	<p style="text-align: center;">8 Sloppy Joes on Whole Wheat Bun Club Style Spinach Corn Sunshine Salad</p>	<p style="text-align: center;">9 Shepherd's Pie Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">10 Veteran's Day  No Meal Services</p>
<p style="text-align: center;">13 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;">14 Broccoli Cheddar Quiche Mexicali Vegetables Garden Salad Ranch Dressing Nine Grain Bread Mandarin Oranges</p>	<p style="text-align: center;">15 Chicken Marinara over Spaghetti Cauliflower Orange Poppy Seed Slaw Whole Wheat Bread Ice Milk</p>	<p style="text-align: center;">16 <i>Thanksgiving Lunch</i> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Brussels Sprouts Pumpkin Pie w/Whipped Topping</p>	<p style="text-align: center;">17 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 style="text-align: center;">20 Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread String Cheese Fresh Kiwi</p>	<p style="text-align: center;">21 BBQ Chicken Mixed Vegetables Rainbow Pasta Salad Cornbread Festive Sunshine Salad</p>	<p style="text-align: center;">22 Roast Pork Slice With Gravy Wild Rice Pilaf Broccoli Carrot Pineapple Salad Mixed Grain Bread Applesauce</p>	<p style="text-align: center;">23 Thanksgiving No Meal Services</p>	<p style="text-align: center;">24 Day After Thanksgiving No Meal Services</p>
<p style="text-align: center;">27 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards and Onions Whole Wheat Bread Diced Peaches Chocolate Chip Cookie</p>	<p style="text-align: center;">28 Turkey Slice Turkey Gravy Over Brown Rice Corn Green Beans Raisin Bread Fresh Pear</p>	<p style="text-align: center;">29 Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Coconut Pudding Ambrosia</p>	<p style="text-align: center;">30 Homemade Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Raisin Bar 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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