

## Meals on Wheels Kitsap Frozen Meals Menu ~ November 2024

				<p style="text-align: center;"><b>1</b> <b>Pork Adobo</b> Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>
<p style="text-align: center;"><b>4</b> <b>BBQ Pork Ribs</b> Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Apple</p>	<p style="text-align: center;"><b>5</b> <b>Turkey Pot Pie</b> Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Frozen Marion Berries</p>	<p style="text-align: center;"><b>6</b> <b>Clam Chowder</b> Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread String Cheese Fresh Apple</p>	<p style="text-align: center;"><b>7</b> <b>Swedish Meatballs</b> Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear</p>	<p style="text-align: center;"><b>8</b> <b>Salmon Fillet</b> Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin Orange</p>
<p style="text-align: center;"><b>11</b> <b>Veteran's Day</b> Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;"><b>12</b> <b>Hawaiian Pork</b> Over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Apple</p>	<p style="text-align: center;"><b>13</b> <b>Grilled Chicken</b> Over Pasta Primavera Winter Squash Mixed Grain Bread Fresh Pear</p>	<p style="text-align: center;"><b>14</b> <b>Cabbage Roll</b> Over Brown Rice Green Beans Carrots Whole Wheat Bread Fresh Mandarin Orange</p>	<p style="text-align: center;"><b>15</b> <b>Honey Lemon Chicken</b> Over Quinoa Peas Cauliflower Whole Wheat Roll Fresh Pear</p>
<p style="text-align: center;"><b>18</b> <b>Salisbury Steak</b> Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Whole Wheat Roll Fresh Apple</p>	<p style="text-align: center;"><b>19</b> <b>Chicken Mulligatawny Soup</b> Wild Rice Pilaf Winter Squash Whole Wheat Bread Fresh Mandarin Orange</p>	<p style="text-align: center;"><b>20</b> <b>Lemon Pepper Fish</b> Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;"><b>21</b> <b>Hungarian Goulash</b> Spinach Cauliflower Rye Bread Brownie Fresh Apple</p>	<p style="text-align: center;"><b>22</b> <b>Broccoli Cheddar Quiche</b> Mexicali Vegetables Harvard Beets Nine Grain Bread Fresh Kiwi</p>
<p style="text-align: center;"><b>25</b> <b>Beef and Barley Soup</b> Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>	<p style="text-align: center;"><b>26</b> <b>Turkey a la King</b> Over Curly Noodles Brussels Sprouts Stewed Tomatoes Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;"><b>27</b> <b>Roast Pork Slice w/Gravy</b> Over Wild Rice Pilaf Broccoli Rosemary Carrots Mixed Grain Bread Fresh Apple</p>	<p style="text-align: center;"><b>28</b> <b><u>Thanksgiving Lunch</u></b> Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Brussels Sprouts Pumpkin Pie</p>	<p style="text-align: center;"><b>29</b> <b>BBQ Chicken</b> Pasta Primavera Mixed Vegetables Cornbread Applesauce</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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