

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

				<b>1</b> <b>Salmon Fillet Over Quinoa</b> Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Sunshine Salad
<b>4</b> <b>Mediterranean Bean Soup</b> Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Apple	<b>5</b> <b>Hawaiian Pork</b> Brown Rice Pilaf Oriental Vegetables Roasted Sweet Potato Whole Wheat Roll Fortune Cookie Tropical Fruit Salad	<b>6</b> <b>Turkey Chef Salad</b> 1000 Island Dressing Rainbow Pasta Salad Mixed Grain Bread Fresh Orange	<b>7</b> <b>Cabbage Roll Over Brown Rice</b> Carrots Green Beans Whole Wheat Bread Appleslaw	<b>8</b> <b>Honey Lemon Chicken Over Quinoa</b> Peas Cauliflower Whole Wheat Roll Fresh Pear
<b>11</b> <b>Veteran's Day</b>  <b>No Meal Services</b>	<b>12</b> <b>Chicken Mulligatawny Soup Chicken Salad Sandwich Half</b> with Lettuce & Tomato on Whole Wheat Bread Fresh Baby Carrots 3 Pack Graham Crackers Pineapple	<b>13</b> <b>Lemon Pepper Fish Over Quinoa</b> Root Vegetable Trio California Blend Veggies Whole Wheat Roll Fresh Apple	<b>14</b> <b>Hungarian Goulash</b> Spinach Rye Bread Brownie Fresh Orange	<b>15</b> <b>Broccoli Cheddar Quiche</b> Mexicali Vegetables Garden Salad Ranch Dressing Nine Grain Bread Fresh Kiwi
<b>18</b> <b>Beef and Barley Soup</b> Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese	<b>19</b> <b>Turkey a la King Over Curly Noodles</b> Brussels Sprouts Tomato Zucchini Salad Whole Wheat Roll Fresh Orange	<b>20</b> <b>Roast Pork Slice w/ Gravy</b> Wild Rice Pilaf Broccoli Carrot Pineapple Salad Mixed Grain Bread Fresh Apple	<b>21</b> <b><u>Thanksgiving Lunch</u> Turkey Slice With Turkey Gravy</b> Apple Bread Stuffing Cranberry Sauce Brussels Sprouts Pumpkin Pie w/Whipped Topping	<b>22</b> <b>BBQ Chicken</b> Mixed Vegetables Rainbow Pasta Salad Cornbread Fresh Pear
<b>25</b> <b>Baked Fish Florentine</b> Barley Carrots Broccoli Salad Mixed Grain Bread Fresh Orange	<b>26</b> <b>Chicken Marinara over Spaghetti</b> Cauliflower Green Beans Raisin Bread Ambrosia	<b>27</b> <b>Stuffed Pepper Casserole</b> Winter Squash Whole Grain Roll Coconut Pudding Fresh Pear	<b>28</b> <b>Thanksgiving Day</b> <b>No Meal Services</b>	<b>29</b> <b>Day after Thanksgiving</b> <b>No Meal Services</b>

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.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: [www.mealsonwheelskitsap.org](http://www.mealsonwheelskitsap.org)