

Meals on Wheels Kitsap Frozen Meals Menu ~ October 2020

			<p>1 Herb-Baked Chicken Red Potatoes Winter Squash Whole Wheat Bread Fresh Orange 3 Pack Graham Crackers</p>	<p>2 Swedish Meatballs Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear</p>
<p>5 Honey Lemon Chicken Over Quinoa Peas Carrots & Cauliflower Whole Wheat Bread Fresh Apple</p>	<p>6 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Fresh Peach Oatmeal Fruit Bar</p>	<p>7 Beef Cabbage Roll Over Brown Rice Green Beans Carrots Whole Wheat Bread Fresh Pear</p>	<p>8 Turkey Slice Over Brown Rice With Gravy Broccoli Winter Squash Mixed Grain Bread Fresh Orange</p>	<p>9 Hawaiian Pork Over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Marion Berries Whole Wheat Roll Fortune Cookie</p>
<p>12 Clam Chowder Oyster Crackers Black Beans-Corn And Peppers Sweet Potatoes Whole Wheat Bread Pears Brownie</p>	<p>13 Chicken Marinara over Spaghetti California Blend Veggies Brussels Sprouts Whole Wheat Roll Fresh Kiwi Ice Milk</p>	<p>14 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Mixed Grain Bread Fresh Orange</p>	<p>15 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Nine Grain Bread Fresh Apple</p>	<p>16 Hungarian Goulash Spinach Cauliflower Rye Bread Fresh Nectarine</p>
<p>19 Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>	<p>20 Turkey Slice Turkey Gravy Over Brown Rice Corn Snap Beans Raisin Bread Fresh Pear</p>	<p>21 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Fresh Orange</p>	<p>22 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Applesauce</p>	<p>23 Lemon Pepper Fish Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Bread Fresh Peach</p>
<p>26 Chicken Fillet Over Spinach Quinoa Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Apple</p>	<p>27 Beef Cabbage Roll Over Brown Rice Winter Squash Black Eyed Peas Whole Grain Roll Fresh Nectarine</p>	<p>28 Turkey a la King Over Curly Noodles Brussel Sprouts Stewed Tomatoes Whole Wheat Bread Fresh Orange</p>	<p>29 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards & Onions Mixed Grain Bread Fresh Pear</p>	<p>30 Homemade Quiche Lorraine Red Potatoes Spinach Nine Grain Bar Oatmeal Raisin Bar Ice Milk</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.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org