

Meals on Wheels Kitsap Frozen Meals Menu ~ October 2021

				1 Hawaiian Pork Over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Orange
4 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread Frozen Marion Berries	5 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Nine Grain Bread Fresh Apple	6 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Brownie Fresh Orange	7 Chicken Marinara over Spaghetti Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk	8 Hungarian Goulash Spinach Cauliflower Rye Bread Fresh Pear
11 Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese	12 Turkey Slice Turkey Gravy Over Brown Rice Corn Green Beans Raisin Bread Fresh Pear	13 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Fresh Watermelon	14 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Fresh Orange	15 Lemon Pepper Fish Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Bread Fresh Peach
18 Chicken Fillet Over Spinach Quinoa Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Apple	19 Beef Cabbage Roll Over Brown Rice Winter Squash Black Eyed Peas Whole Grain Roll Fresh Kiwi	20 Turkey a la King Over Curly Noodles Brussel Sprouts Stewed Tomatoes Whole Wheat Bread Fresh Orange	21 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards & Onions Mixed Grain Bread Fresh Pear	22 Homemade Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Raisin Bar
25 Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Peach	26 Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Fresh Apple	27 Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries	28 Baked Ziti Cauliflower Bean Medley Whole Wheat Bread Honeydew Melon	29 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange

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

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