

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

	<p style="text-align: center;"><b>1</b> <b>Mediterranean Bean Soup</b> Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;"><b>2</b> <b>Hawaiian Pork Over Brown Rice Pilaf</b> Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Fresh Mandarin Orange</p>	<p style="text-align: center;"><b>3</b> <b>Turkey Slice w/Gravy Over Mashed Potatoes</b> Broccoli Winter Squash Mixed Grain Bread Fresh Pear</p>	<p style="text-align: center;"><b>4</b> <b>Cabbage Roll Over Brown Rice</b> Green Beans Carrots Whole Wheat Bread Fresh Apple</p>
<p style="text-align: center;"><b>7</b> <b>Chicken Mulligatawny Soup</b> Wild Rice Pilaf Winter Squash Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;"><b>8</b> <b>Salisbury Steak Brown Gravy Over Barley</b> Rosemary Roasted Carrots Broccoli Whole Wheat Roll Fresh Kiwi</p>	<p style="text-align: center;"><b>9</b> <b>Broccoli Cheddar Quiche</b> Mexicali Vegetables Harvard Beets Nine Grain Bread Fresh Apple</p>	<p style="text-align: center;"><b>10</b> <b>Lemon Pepper Fish Over Quinoa</b> Root Vegetable Trio California Blend Veggies Whole Wheat Roll Fresh Mandarin Orange</p>	<p style="text-align: center;"><b>11</b> <b>Hungarian Goulash</b> Spinach Rye Bread Brownie Fresh Apple</p>
<p style="text-align: center;"><b>14</b> <b>Turkey a la King Over Curly Noodles</b> Brussel Sprouts Stewed Tomatoes Whole Wheat Roll Fresh Orange</p>	<p style="text-align: center;"><b>15</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>16</b> <b>BBQ Chicken</b> Pasta Primavera Mixed Vegetables Cornbread Applesauce</p>	<p style="text-align: center;"><b>17</b> <b>Roast Pork Slice w/Gravy Over Wild Rice Pilaf</b> Broccoli Rosemary Carrots Mixed Grain Bread Fresh Pear</p>	<p style="text-align: center;"><b>18</b> <b>Chicken Marinara over Spaghetti</b> Diced Carrots Cauliflower Whole Wheat Bread Ice Milk</p>
<p style="text-align: center;"><b>21</b> <b>Chicken Fillet Over Spinach Quinoa</b> Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;"><b>22</b> <b>Baked Fish Florentine Over Spinach</b> Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries</p>	<p style="text-align: center;"><b>23</b> <b>Turkey Slice w/Gravy Over Brown Rice</b> Corn Green Beans Raisin Bread Fresh Pear</p>	<p style="text-align: center;"><b>24</b> <b>Stuffed Pepper Casserole</b> Winter Squash California Blend Veggies Whole Grain Roll Fresh Orange</p>	<p style="text-align: center;"><b>25</b> <b>Vegetarian Lasagna</b> California Vegetables Black Eyed peas Whole Wheat Bread Fresh Apple</p>
<p style="text-align: center;"><b>28</b> <b>Orange Glazed Chicken Over Quinoa</b> Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;"><b>29</b> <b>Beef Taco Meat</b> Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Fresh Kiwi</p>	<p style="text-align: center;"><b>30</b> <b>Sloppy Joe On Whole Wheat Bun</b> California Vegetables Spinach Fresh Pear</p>	<p style="text-align: center;"><b>31</b> <b>Baked Ziti</b> Cauliflower Green Beans Whole Wheat Bread Fresh Apple</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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