

Meals on Wheels Kitsap Hot Meals Menu ~ October 2024

	<p style="text-align: center;">1 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Whole Wheat Roll Fresh Pear</p>	<p style="text-align: center;">2 Broccoli Cheddar Quiche Mexicali Vegetables Garden Salad Ranch Dressing Nine Grain Bread Apple Slaw</p>	<p style="text-align: center;">3 Lemon Pepper Fish Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Roll Peaches</p>	<p style="text-align: center;">4 Hungarian Goulash Spinach Rye Bread Brownie Fresh Orange</p>
<p style="text-align: center;">7 Turkey a la King Over Curly Noodles Brussel Sprouts Tomato Zucchini Salad Whole Wheat Roll Fresh Orange</p>	<p style="text-align: center;">8 Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>	<p style="text-align: center;">9 BBQ Chicken Mixed Vegetables Rainbow Pasta Salad Cornbread Pineapple</p>	<p style="text-align: center;">10 Roast Pork Slice w/ Gravy Wild Rice Pilaf Broccoli Carrot Pineapple Salad Mixed Grain Bread Fresh Apple</p>	<p style="text-align: center;">11 Chicken Marinara over Spaghetti Cauliflower Diced Carrots Whole Wheat Bread Ice Milk</p>
<p style="text-align: center;">14 Grilled Chicken Sandwich with Mayonnaise Lettuce/Tomato on Whole Wheat Bun Pea-Cheese Salad Fresh Apple</p>	<p style="text-align: center;">15 Baked Fish Florentine Barley Carrots Broccoli Salad Mixed Grain Bread Apricots</p>	<p style="text-align: center;">16 Turkey Slice w/Gravy Over Brown Rice Corn Green Beans Raisin Bread Fresh Apple</p>	<p style="text-align: center;">17 Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Coconut Pudding Fresh Orange</p>	<p style="text-align: center;">18 Vegetarian Lasagna California Vegetables Black Eyed Pea Salad Whole Wheat Bread Fresh Pear</p>
<p style="text-align: center;">21 Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;">22 Beef Taco Salad Salsa Zucchini Slices Corn Salad Flour Tortilla Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">23 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear</p>	<p style="text-align: center;">24 Baked Ziti Cauliflower Four Bean Salad Whole Wheat Bread Fresh Kiwi</p>	<p style="text-align: center;">25 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Mandarin Oranges</p>
<p style="text-align: center;">28 BBQ Pork Ribs Winter Mix Vegetables Corn Mixed Grain Bread Graham Crackers Diced Peaches</p>	<p style="text-align: center;">29 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">30 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Whole Wheat Bread Yogurt w/Strawberries</p>	<p style="text-align: center;">31 <u>Halloween Lunch</u> Spooky Swedish Meatballs Curly Noodles Rosemary Roasted Carrots German Coleslaw Rye Bread Halloween Cookie Apricots</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.

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