


Meals on Wheels Kitsap Frozen Meals Menu ~ September 2020

 <p>Happy Grandparents Day Sunday 9/13</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Clam Chowder Oyster Crackers Black Beans-Corn And Peppers Sweet Potatoes Whole Wheat Bread Pears Brownie</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Chicken Marinara over Spaghetti Brussels Sprouts Black Beans-Corn-Peppers Whole Wheat Roll Ice Milk</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Fresh Orange Oatmeal Fruit Bar</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Nine Grain Bread Fresh Apple</p>
<p style="text-align: center;">7</p> <p style="text-align: center;"><u>Happy Labor Day!</u> Lemon Pepper Fish Over Quinoa Root Vegetable Trio California Blend Veggies Whole Wheat Bread Fresh Peach</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Applesauce</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Turkey Slice Turkey Gravy Over Brown Rice Corn Peas and Carrots Raisin Bread Fresh Pear</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Fresh Orange</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>
<p style="text-align: center;">14</p> <p style="text-align: center;">Homemade Quiche Lorraine Red Potatoes Spinach Nine Grain Bar Oatmeal Raisin Bar</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Beef Stew Brown Rice Green Beans Whole Grain Roll Fresh Nectarine</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Chicken Fillet Over Spinach Quinoa Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Apple</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Turkey a la King Over Curly Noodles Brussel Sprouts Carrots Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Cajun Baked Fish Stewed Tomatoes with Macaroni Collards & Onions Mixed Grain Bread Fresh Pear</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">Pork Adobo Over Brown Rice Oriental Spinach Broccoli Fresh Orange Whole Wheat Roll Ice Milk</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussel Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Fresh Peach Oatmeal Fruit Bar</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Marion Berries</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Baked Ziti Cauliflower Bean Medley Whole Wheat Bread Fresh Kiwi</p>
<p style="text-align: center;">28</p> <p style="text-align: center;">Salmon Fillet Over Quinoa Peas Roasted Root Vegetables Whole Wheat Roll Fresh Peach Oatmeal Raisin Cookie</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Applesauce</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</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.

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