




Meals on Wheels Kitsap Frozen Meals Menu ~ September 2022

			<p style="text-align: center;">1</p> <p>Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Brownie Fresh Orange</p>	<p style="text-align: center;">2</p> <p>Chicken Marinara over Spaghetti Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk</p>
<p style="text-align: center;">5</p> <p><u>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;">6</p> <p>Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese</p>	<p style="text-align: center;">7</p> <p>Turkey Slice Turkey Gravy Over Brown Rice Corn Green Beans Raisin Bread Fresh Pear</p>	<p style="text-align: center;">8</p> <p><u>Grandparent's Day</u> BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Applesauce</p>	<p style="text-align: center;">9</p> <p>Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Fresh Orange</p>
<p style="text-align: center;">12</p> <p>Macaroni and Cheese Beets Spinach Nine Grain Bread Oatmeal Raisin Bar Fresh Apple</p>	<p style="text-align: center;">13</p> <p>Chicken Fillet Over Spinach Quinoa Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">14</p> <p>Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Fresh Peach</p>	<p style="text-align: center;">15</p> <p>Meatloaf with Gravy Mashed Potatoes Peas Nine Grain Bread Bread Pudding Fresh Kiwi</p>	<p style="text-align: center;">16</p> <p>Cajun Baked Fish Stewed Tomatoes with Macaroni Collards & Onions Mixed Grain Bread Fresh Pear</p>
<p style="text-align: center;">19</p> <p>Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>	<p style="text-align: center;">20</p> <p>Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;">21</p> <p>Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Fresh Peach</p>	<p style="text-align: center;">22</p> <p>Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries</p>	<p style="text-align: center;">23</p> <p>Baked Ziti Cauliflower Green Beans Whole Wheat Bread Fresh Kiwi</p>
<p style="text-align: center;">26</p> <p>Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin Orange</p>	<p style="text-align: center;">27</p> <p>BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Peach</p>	<p style="text-align: center;">28</p> <p>Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">29</p> <p>Chicken Mulligatawny Soup Wild Rice Pilaf Winter Squash Whole Wheat Bread Fresh Orange</p>	<p style="text-align: center;">30</p> <p>Swedish Meatballs Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear</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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