




Meals on Wheels Kitsap Hot Meals Menu ~ September 2022

			<p style="text-align: center;">1 BBQ Chicken Mixed Vegetables Rainbow Pasta Salad Cornbread Watermelon</p>	<p style="text-align: center;">2 Salisbury Steak Brown Gravy Over Barley Rosemary Roasted Carrots Broccoli Nine Grain Bread Honeydew Melon</p>
<p style="text-align: center;">5 <u>Labor Day</u> No Meal Services</p>	<p style="text-align: center;">6 Grilled Chicken Sandwich with Mayonnaise Lettuce/Tomato on Whole Wheat Bun Pea-Cheese Salad Cantaloupe Blueberry Salad</p>	<p style="text-align: center;">7 Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Fresh Peach</p>	<p style="text-align: center;">8 <u>Grandparent's Day</u> Meatloaf with Gravy Mashed Potatoes Peas Nine Grain Bread Bread Pudding Fresh Cantaloupe</p>	<p style="text-align: center;">9 Cajun Baked Fish Stewed Tomatoes with Macaroni Collards and Onions Mixed Grain Bread Fresh Apple</p>
<p style="text-align: center;">12 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Mandarin Oranges</p>	<p style="text-align: center;">13 Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;">14 Beef Taco Salad Salsa Zucchini Slices Corn Salad Flour Tortilla Oatmeal Fruit Bar Fresh Peach</p>	<p style="text-align: center;">15 Baked Fish Florentine Barley Carrots Broccoli Salad Mixed Grain Bread Fresh Kiwi</p>	<p style="text-align: center;">16 Baked Ziti Cauliflower Four Bean Salad Whole Wheat Bread Honeydew Melon</p>
<p style="text-align: center;">19 Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Cantaloupe Blueberry Salad</p>	<p style="text-align: center;">20 BBQ Pork Ribs Winter Mix Vegetables Rainbow Pasta Salad Mixed Grain Bread Watermelon</p>	<p style="text-align: center;">21 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Sunshine Salad</p>	<p style="text-align: center;">22 Chicken Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Fresh Baby Carrots 3 Pack Graham Crackers Apple Slaw</p>	<p style="text-align: center;">23 Swedish Meatballs Curly Noodles Rosemary Roasted Carrots German Coleslaw Rye Bread Apricots</p>
<p style="text-align: center;">26 Honey Lemon Chicken Over Quinoa Peas Carrots & Cauliflower Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">27 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange</p>	<p style="text-align: center;">28 Cabbage Roll Over Brown Rice Carrots Marinated Green Bean Salad Whole Wheat Bread Apple Slaw</p>	<p style="text-align: center;">29 Turkey Chef Salad 1000 Island Dressing Rainbow Pasta Salad Mixed Grain Bread Fresh Fruit Salad</p>	<p style="text-align: center;">30 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad</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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