

## Meals on Wheels Kitsap Frozen Meals Menu ~ September 2023

 <b>Happy</b> <b>LABOR DAY</b> <b>September 4th</b>				<b>1</b> <b>Chicken Marinara</b> <b>over Spaghetti</b> Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk
<b>4</b> <b>Lemon Pepper Fish</b> <b>Over Quinoa</b> Root Vegetable Trio California Blend Veggies Whole Wheat Bread Fresh Peach	<b>5</b> <b>Turkey a la King</b> <b>Over Curly Noodles</b> Brussel Sprouts Stewed Tomatoes Whole Wheat Roll Fresh Orange	<b>6</b> <b>Beef and Barley Soup</b> Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese	<b>7</b> <b>BBQ Chicken</b> Pasta Primavera Mixed Vegetables Cornbread Applesauce	<b>8</b> <b>Roast Pork Slice</b> <b>With Gravy</b> <b>Over Wild Rice Pilaf</b> Broccoli Rosemary Carrots Mixed Grain Bread Fresh Pear
<b>11</b> <b>Homemade Quiche Lorraine</b> Red Potatoes Spinach Nine Grain Bread Oatmeal Raisin Bar	<b>12</b> <b>Chicken Fillet</b> <b>Over Spinach Quinoa</b> Baked Beans Winter Mix Vegetables Whole Wheat Bread Fresh Peach	<b>13</b> <b>Ham Slice w/Raisin Sauce</b> Lima Beans Root Vegetable Trio Whole Wheat Roll Brownie Fresh Kiwi	<b>14</b> <b>Turkey Slice</b> <b>With Turkey Gravy</b> Mashed Potatoes Green Beans Whole Wheat Bread Oatmeal Fruit Bar Fresh Orange	<b>15</b> <b>Stuffed Pepper Casserole</b> Winter Squash California Blend Veggies Whole Grain Roll Fresh Apple
<b>18</b> <b>Pork Adobo</b> <b>Over Brown Rice</b> Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange	<b>19</b> <b>Orange Glazed Chicken</b> <b>Over Quinoa</b> Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple	<b>20</b> <b>Beef Taco Meat</b> Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Fresh Pear	<b>21</b> <b>Baked Fish Florentine</b> <b>Over Spinach</b> Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries	<b>22</b> <b>Baked Ziti</b> Cauliflower Green Beans Whole Wheat Bread Fresh Peach
<b>25</b> <b>Salmon Fillet</b> <b>Over Quinoa</b> Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin	<b>26</b> <b>BBQ Pork Ribs</b> Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Peach	<b>27</b> <b>Turkey Pot Pie</b> Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Frozen Marion Berries	<b>28</b> <b>Clam Chowder</b> Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread String Cheese Fresh Apple	<b>29</b> <b>Swedish Meatballs</b> <b>Over Curly Noodles</b> Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear

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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