




# Meals on Wheels Kitsap Hot Meals Menu ~ September 2023

				<b>1</b> <b>Roast Pork Slice w/Gravy</b> Wild Rice Pilaf Broccoli Carrot Pineapple Salad Mixed Grain Bread Fresh Apple
<b>4</b>  <b>LABOR DAY</b>  <i>No Meal Services</i>	<b>5</b> <b>Grilled Chicken Sandwich</b> with Mayonnaise Lettuce/Tomato on Whole Wheat Bun Pea-Cheese Salad Fresh Apple	<b>6</b> <b><u>Grandparent's Day Lunch</u></b> <b>Ham Slice w/Raisin Sauce</b> Lima Beans Root Vegetable Trio Whole Wheat Roll Brownie Festive Sunshine Salad	<b>7</b> <b>Turkey Slice</b> <b>Turkey Gravy</b> <b>Over Brown Rice</b> Corn Green Beans Raisin Bread Fresh Pear	<b>8</b> <b>Stuffed Pepper Casserole</b> Winter Squash California Blend Veggies Whole Grain Roll Coconut Pudding Fresh Peach
<b>11</b> <b>Pork Adobo</b> <b>Over Brown Rice</b> Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Mandarin Oranges	<b>12</b> <b>Orange Glazed Chicken</b> <b>Over Quinoa</b> Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple	<b>13</b> <b>Beef Taco Salad</b> Salsa Zucchini Slices Corn Salad Flour Tortilla Oatmeal Fruit Bar Honeydew Melon	<b>14</b> <b>Baked Fish Florentine</b> Barley Carrots Broccoli Salad Mixed Grain Bread Cantaloupe	<b>15</b> <b>Baked Ziti</b> Cauliflower Four Bean Salad Whole Wheat Bread Fresh Peach
<b>18</b> <b>Salmon Fillet</b> <b>Over Quinoa</b> Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Sunshine Salad	<b>19</b> <b>BBQ Pork Ribs</b> Winter Mix Vegetables Rainbow Pasta Salad Mixed Grain Bread Watermelon	<b>20</b> <b>Turkey Pot Pie</b> Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Cantaloupe Blueberry Salad	<b>21</b> <b>Clam Chowder</b> Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Whole Wheat Bread Yogurt w/Strawberries	<b>22</b> <b>Swedish Meatballs</b> Curly Noodles Rosemary Roasted Carrots German Coleslaw Rye Bread Apricots
<b>25</b> <b>Honey Lemon Chicken Over</b> <b>Quinoa</b> Peas Carrots & Cauliflower Whole Wheat Roll Fresh Pear	<b>26</b> <b>Mediterranean Bean Soup</b> Red Potatoes Mixed Vegetables Nine Grain Bread Oatmeal Fruit Bar Fresh Orange	<b>27</b> <b>Hawaiian Pork</b> Brown Rice Pilaf Oriental Vegetables Roasted Sweet Potato Whole Wheat Roll Fortune Cookie Apple Slaw	<b>28</b> <b>Turkey Chef Salad</b> 1000 Island Dressing Rainbow Pasta Salad Mixed Grain Bread Fresh Fruit Salad	<b>29</b> <b>Cabbage Roll</b> <b>Over Brown Rice</b> Carrots Green Beans Whole Wheat Bread Tropical Fruit Salad

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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