

Meals on Wheels Kitsap Frozen Meals Menu ~ September 2024

2 Labor Day Chicken Marinara over Spaghetti Diced Carrots Broccoli Whole Wheat Bread Ice Milk	3 Turkey a la King Over Curly Noodles Brussels Sprouts Stewed Tomatoes Whole Wheat Roll Fresh Orange	4 Grandparent's Day Beef and Barley Soup Lima Beans Roasted Sweet Potatoes Nine Grain Bread Chocolate Chip Cookie String Cheese	5 BBQ Chicken Pasta Primavera Mixed Vegetables Cornbread Applesauce	6 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Mixed Grain Bread Fresh Pear
9 Honey Lemon Chicken Over Quinoa Peas Cauliflower Whole Wheat Roll Fresh Pear	10 Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Frozen Blueberries	11 Ham Slice w/Raisin Sauce Lima Beans Root Vegetable Trio Whole Wheat Roll Brownie Mandarin Orange	12 Turkey Slice w/Gravy Over Brown Rice Corn Green Beans Raisin Bread Fresh Pear	13 Stuffed Pepper Casserole Winter Squash California Blend Veggies Whole Grain Roll Fresh Peach
16 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Whole Wheat Roll Ice Milk Fresh Orange	17 Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple	18 Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Oatmeal Fruit Bar Fresh Kiwi	19 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear	20 Baked Ziti Cauliflower Green Beans Whole Wheat Bread Fresh Peach
23 Salmon Fillet Over Quinoa Peas Root Vegetable Trio Whole Wheat Roll Oatmeal Raisin Cookie Fresh Mandarin Orange	24 BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Fresh Peach	25 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Frozen Marion Berries	26 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Whole Wheat Bread String Cheese Fresh Apple	27 Swedish Meatballs Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear
30 Homemade Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Raisin Bar				

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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