



Meals on Wheels Kitsap Hot Meals Menu ~ September 2019

 2 LABOR DAY No Meal Services	3 Homemade Quiche Lorraine Red Potatoes Carrot Raisin Salad Spinach Fresh Peach	4 Turkey a la King Brown Rice Bean Medley Tomato Zucchini Salad Nine Grain Bread Fresh Orange	5 Beef Cabbage Roll Winter Squash Black-Eyed Pea Salad Orange Poppy Seed Slaw	6 <u>Grandparents Day Lunch</u> Meatloaf with Gravy Barley Broccoli Whole Wheat Roll Chocolate Chip Cookie
9 Pork Adobo Brown Rice Oriental Spinach Mandarin Oranges Whole Wheat Roll Ice Milk*	10 Orange Glazed Chicken Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple	11 Beef Taco Salad Salsa (2 pkt) Zucchini Slices Corn Salad Tortilla Chips Fresh Peach	12 Baked Fish Florentine Baked Potato Half Country Trio Vegetables Broccoli Salad Mixed Grain Bread Cantaloupe	13 Baked Ziti Cauliflower Four Bean Salad Mixed Grain Bread Honeydew Melon
16 Salmon Fillet Lemon Wedge Quinoa Peas Cantaloupe Blueberry Salad Whole Wheat Roll Oatmeal Raisin Cookie	17 Chicken Mulligatawny Soup Chicken Salad Sandwich with Lettuce & Tomato on Whole Wheat Bread Fresh Orange Fresh Baby Carrots	18 Turkey Pot Pie Lima Beans Apple Slaw Festive Sunshine Salad	19 BBQ Pork Ribs Black Beans-Corn-Peppers Winter Mix Vegetables Mixed Grain Bread Watermelon	20 Swedish Meatballs Curly Noodles Rosemary Roasted Carrots German Coleslaw Rye Bread Fresh Nectarine
23 Honey Lemon Chicken Red Potatoes Carrots & Cauliflower Whole Wheat Bread Fresh Pear	24 Tuna Noodle Casserole Club Spinach Coleslaw Whole Wheat Roll Fresh Orange	25 Beef Cabbage Roll Marinated Green Bean Salad Orange Poppy Seed Slaw Carrots Yogurt w/Strawberries	26 Turkey Chef Salad 1000 Island Dressing Corn Salad Mixed Grain Bread Fresh Fruit Salad	27 Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad
30 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Sunshine Salad Brownie				

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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Nutrient Analysis for September 2019

Analysis is for all components of the meal, including 1 cup 1% milk. For additional nutrition info or questions please contact the Meals on Wheels Kitsap office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
3	Quiche Lorraine	704	781	27	26	141	96
4	Turkey a la King	757	1079	33	28	50	101
5	Cabbage Roll	589	933	25	19	50	86
6	Meatloaf	747	843	33	34	80	71
9	Pork Adobo	792	670	55	36	120	82
10	Orange Chicken	861	511	53	25	160	86
11	Beef Taco Salad	693	711	37	29	88	78
12	Fish Florentine	694	842	37	21	87	94
13	Baked Ziti	630	589	31	25	62	75
16	Salmon	678	801	41	18	85	80
17	Soup and Sandwich	582	662	32	16	53	89
18	Turkey Pot Pie	657	1075	34	27	81	77
19	Pork Ribs	627	953	37	27	97	63
20	Swedish Meatballs	728	960	30	2	78	93
23	Honey Lemon Chicken	871	453	53	32	160	98
24	Tuna Casserole	825	1213	45	32	89	85
25	Cabbage Roll	664	1056	28	21	58	99
26	Turkey Chef Salad	673	925	32	39	122	58
27	Hawaiian Pork	887	577	48	28	108	105
30	Clam Chowder	877	761	33	37	42	109