

Meals on Wheels Kitsap Frozen Meals Menu ~ July 2024

1 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange	2 Breaded Fish Patty On Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Kiwi	3 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce	4 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Pear	5 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Apple
8 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Fresh Peach	9 Gourmet Beef Burger Whole Wheat Bun Baked Beans Watermelon	10 Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange	11 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Sugar Cookie Fresh Apple	12 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Fresh Orange
15 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Fresh Orange	16 BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Broccoli Sherbet Fresh Apple	17 Turkey Slice With Gravy Mashed Potatoes Brussel Sprouts Whole Wheat Bread Fresh Peach	18 Italian Herb Baked Chicken Pasta Primavera Green Beans Mixed Grain Bread Fresh Kiwi	19 Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens & Onions Nine Grain Bread Oatmeal Fruit Bar Fresh Pear
22 Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple	23 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Mandarin Orange	24 Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Nine Grain Bread String Cheese Fresh Apple	25 Pork Chow Mein Over Brown Rice Oriental Spinach Stewed Tomatoes Whole Wheat Bread Applesauce	26 Grilled Chicken with Mayonnaise On Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Fresh Orange
29 Salisbury Steak With mushroom sauce Over Barley Carrots Spinach Raisin Bread Fresh Orange	30 Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Pear	31 Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries		
				

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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