

Meals on Wheels Kitsap Hot Meals Menu ~ July 2024

1 Teriyaki Chicken Over Brown Rice Broccoli Cauliflower Whole Wheat Roll Pears	2 <u>Independence Day Lunch</u> Gourmet Beef Burger Whole Wheat Bun Baked Beans Coleslaw Watermelon	3 Beef Enchilada Mexicali Vegetables Marinated Vegetable Salad Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange	4 <u>Independence Day</u> No Meal Services 	5  No Meal Services
8 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Fresh Orange	9 BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Garden Salad Light Ranch Dressing Sherbet Fresh Apple	10 Hot Turkey Sandwich On Nine Grain Bread Mashed Potatoes and Gravy Brussel Sprouts Rainbow Pasta Salad Fresh Pear	11 Italian Herb Baked Chicken Green Beans Pasta Primavera Mixed Grain Bread Fresh Kiwi	12 Creole Baked Fish Over Brown Rice Sweet Potatoes Collard Greens and Onions Whole Wheat Bread Ambrosia
15 Quiche Lorraine Red Potatoes Carrot Raisin Salad Nine Grain Bread Oatmeal Fruit Bar Pineapple	16 Spaghetti & Meat Sauce Italian Vegetables Marinated Green Bean Salad Mixed Grain Bread Cantaloupe Blueberry Salad	17 Turkey Vegetable Soup Oyster Crackers Hearty Salad Fat-Free French Dressing Nine Grain Bread String Cheese Peaches	18 Pork Chow Mein Brown Rice Oriental Spinach Tomato Zucchini Salad Whole Wheat Bread Sunshine Salad	19 Grilled Chicken with Mayonnaise Lettuce/Tomato on Whole Wheat Bun Black Beans-Corn-Peppers Beet Onion Salad Tropical Fruit Salad
22 Salisbury Steak With Mushroom Sauce Over Barley Carrots Spinach Raisin Bread Fresh Orange	23 Vegetarian Lasagna California Vegetables Black Eyed Pea Salad Whole Wheat Bread Fresh Peach	24 Chicken Taco Salad Fat-free Catalina Dressing Fresh Zucchini Sticks Salsa Corn Salad Tortilla Chips Flour Tortilla Oatmeal Fruit Bar	25 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Cantaloupe	26 Turkey Tetrazzini Roasted Brussels Sprouts Red Potatoes Whole Wheat Roll Ice Milk Fresh Pear
29 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Kiwi	30 Stuffed Pepper Casserole Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Peach	31 Salmon Fillet Over Barley Root Vegetable Trio Broccoli Whole Wheat Roll Ice Milk Fresh Orange		

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.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org