

Meals on Wheels Kitsap Hot Meals Menu ~ March 2023

		1 Spaghetti and Meatballs Italian Vegetables Garden Salad Thousand Island Dressing Nine Grain Bread Fresh Orange	2 Teriyaki Chicken Over Brown Rice Oriental Spinach Carrots Whole Wheat Roll Fortune Cookie Apple Slaw	3 Baked Fish Florentine Brown Rice Pilaf Roasted Sweet Potatoes Broccoli Salad Mixed Grain Bread Fresh Mandarin Orange
6 Vegetarian Lasagna Lima Beans Broccoli Whole Wheat Bread Sherbet Apricots	7 Cabbage Roll Over Brown Rice Mixed Vegetables Black-eyed Pea Salad Whole Wheat Roll Diced Pears	8 Orange Glazed Chicken Stewed Tomato with Macaroni Cauliflower Whole Wheat Bread Pineapple	9 Turkey a la King Curly Noodles Peas German Coleslaw Mixed Grain Bread Fresh Mandarin Orange	10 Pork Adobo Brown Rice Chef's Mix Vegetables Carrot Pineapple Salad Whole Wheat Bread Fresh Pear
13 Meatloaf and Gravy Mashed Potatoes Spinach German Coleslaw Nine Grain Bread Peaches	14 Lemon Dill Fish Quinoa Japanese Vegetables Carrot Raisin Salad Mixed Grain Bread Fresh Apple	15 Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Broccoli Nine Grain Bread Fresh Orange	16 Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Tomato Onion Salad Whole Wheat Roll Pineapple	17 <u>St. Patrick's Day Lunch</u> Corned Beef Over Barley Cabbage Red Potatoes Pears Raisin Bread Green Sprinkle Sugar Cookie 
20 Turkey Pot Pie Club Spinach Nine Grain Bread Diced Pears	21 Mulligatawny Soup Chicken Salad Wrap with Lettuce & Tomato on Whole Wheat Bread Corn Salad Oatmeal Raisin Bar Fresh Mandarin Orange	22 BBQ Pork Ribs Quinoa Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	23 Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Mélange Green Beans Nine Grain Bread Fresh Orange	24 Beef Stew Broccoli Rainbow Pasta Salad Whole Wheat Bread Cinnamon Applesauce
27 Salmon Fillet Lemon Wedge Barley Scandinavian Vegetables Peas Mix Grain Bread Pineapple	28 Turkey Chili Wild Rice Pilaf Winter Squash Raisin Bread Fresh Apple	29 Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll Bread Pudding Whipped Topping Cantaloupe	30 Porcupine Meatballs Over Brown Rice Corn O'Brien Broccoli Whole Wheat Bread Sunshine Salad	31 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Marinated Vegetable Salad Mixed Grain Bread Ambrosia

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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