

Meals on Wheels Kitsap Frozen Meals Menu ~ May 2024

		<p style="text-align: center;">1 Quiche Lorraine Red Potatoes Spinach Nine Grain Bread Oatmeal Fruit Bar Fresh Apple</p>	<p style="text-align: center;">2 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Fresh Mandarin Orange</p>	<p style="text-align: center;">3 Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Nine Grain Bread String Cheese Fresh Apple</p>
<p style="text-align: center;">6 Mardi Gras Chicken Creamed Corn Stewed Tomatoes with Macaroni Mixed Grain Bread Fresh Mandarin Orange</p>	<p style="text-align: center;">7 Turkey Tetrazzini Brussels Sprouts Carrots Whole Wheat Roll Ice Milk Fresh Pear</p>	<p style="text-align: center;">8 Salisbury Steak With mushroom sauce Over Barley Carrots Spinach Raisin Bread Fresh Orange</p>	<p style="text-align: center;">9 Vegetarian Lasagna California Vegetables Black Eyed peas Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">10 Chicken Fajita Over Spanish Rice Mexicali Vegetables Refried Beans Flour Tortilla Marion Berries</p>
<p style="text-align: center;">13 Salmon Filet Over Barley Root Vegetables Trio Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>	<p style="text-align: center;">14 Sweet & Sour Chicken Over Brown Rice Carrots Cauliflower 3 Pack Graham Crackers Marion Berries</p>	<p style="text-align: center;">15 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Kiwi</p>	<p style="text-align: center;">16 Stuffed Pepper Casserole Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Fresh Apple</p>	<p style="text-align: center;">17 Meatloaf And Gravy Over Barley Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler</p>
<p style="text-align: center;">20 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Fresh Pear</p>	<p style="text-align: center;">21 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Fresh Orange</p>	<p style="text-align: center;">22 Breaded Fish Patty On Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Kiwi</p>	<p style="text-align: center;">23 Hawaiian Pork Over Brown Rice Pilaf Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie Applesauce</p>	<p style="text-align: center;">24 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Bread Fresh Apple</p>
<p style="text-align: center;">27 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce</p>	<p style="text-align: center;">28 Teriyaki Chicken Over Brown Rice Cauliflower Broccoli Whole Wheat Roll Diced Peaches</p>	<p style="text-align: center;">29 Minestrone Soup With Diced Turkey Winter Squash Rye Bread String Cheese Peanut Butter Cookie Fresh Apple</p>	<p style="text-align: center;">30 Beef Enchiladas Mexicali Vegetables Collards and Onion Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange</p>	<p style="text-align: center;">31 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear</p>

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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