

Meals on Wheels Kitsap Hot Meals Menu ~ May 2024

		<p>1 Salisbury Steak With Mushroom Sauce Over Barley Carrots Spinach Raisin Bread Fresh Orange</p>	<p>2 Vegetarian Lasagna California Vegetables Black Eyed Pea Salad Whole Wheat Bread Fresh Pear</p>	<p>3 Chicken Taco Salad Catalina Dressing Fresh Zucchini Sticks Salsa Corn Salad Tortilla Chips Flour Tortilla Oatmeal Fruit Bar</p>
<p>6 Salmon Fillet Over Barley Root Vegetable Trio Broccoli Whole Wheat Roll Ice Milk Fresh Orange</p>	<p>7 Sweet & Sour Chicken Over Brown Rice Carrots Chef's Mix Vegetables 3 Pack Graham Crackers Apricots</p>	<p>8 BBQ Pork Ribs Green Beans Roasted Sweet Potatoes Rye Bread Bread Pudding Fresh Kiwi</p>	<p>9 Stuffed Pepper Casserole Over Brown Rice Winter Squash Lima Beans Nine Grain Bread Apple Slaw</p>	<p>10 <u>Mother's Day Lunch</u> Meatloaf And Gravy Over Barley Rosemary Roasted Carrots Cabbage Mixed Grain Bread Peach Cobbler</p>
<p>13 Turkey Pot Pie Broccoli Lima Beans Mixed Grain Bread Oatmeal Raisin Bar Pears</p>	<p>14 BBQ Meatballs Over Curly Noodles Baked Beans Country Trio Vegetables Raisin Bread Diced Peaches</p>	<p>15 Breaded Fish Patty On Whole Wheat Bun Tartar Sauce Tomato & Onion Garden Salad Catalina Dressing Glazed Carrots Cantaloupe</p>	<p>16 Hawaiian Pork Over Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Fortune Cookie Tropical Fruit Salad</p>	<p>17 Broccoli Cheddar Quiche Peas Black Beans, Corn and Peppers Whole Wheat Bread Apple</p>
<p>20 Breakfast Casserole Over Quinoa Rosemary Roasted Carrots Whole Wheat Bread Cinnamon Applesauce</p>	<p>21 Teriyaki Chicken Over Brown Rice Broccoli Cauliflower Whole Wheat Roll Pears</p>	<p>22 Minestrone Soup Turkey Chef's Salad Light Ranch Dressing Veggie Sticks Rye Bread Sugar Cookie Honeydew</p>	<p>23 Beef Enchilada Mexicali Vegetables Marinated Vegetable Salad Nine Grain Bread Oatmeal Fruit Bar Mandarin Orange</p>	<p>24 Sloppy Joe On Whole Wheat Bun California Vegetables Spinach Fresh Pear</p>
<p>27 <u>Memorial Day</u></p>  <p>No Meal Services</p>	<p>28 Beef Cabbage Roll Over Brown Rice Rosemary Roasted Carrots Beets Whole Wheat Roll Ambrosia</p>	<p>29 BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Garden Salad Light Ranch Dressing Sherbet Fresh Apple</p>	<p>30 Hot Turkey Sandwich On Nine Grain Bread Mashed Potatoes and Gravy Brussel Sprouts Rainbow Pasta Salad Fresh Pear</p>	<p>31 Italian Herb Baked Chicken Green Beans Pasta Primavera Mixed Grain Bread Sherbet Fresh Kiwi</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.

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