

Meals on Wheels Kitsap Frozen Meals Menu ~ August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Fresh Orange Sweet & Sour Chicken Roasted Sweet Potato Oriental Vegetables Nine Grain Bread Bread Pudding	2 Juice Beef Cabbage Roll Winter Squash Italian Vegetables Sherbet	3 Turkey Broccoli Pie Mixed Vegetables Harvard Beets Whole Wheat Bread Fresh Orange	4 Juice BBQ Pork Ribs Baked Beans Carrots Whole Wheat Bread
7 Applesauce Hawaiian Pork Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie	8 Cajun Baked Fish Black Beans and Rice Okra Melange Nine Grain Bread Kiwi	9 Fresh Orange Honey Lemon Chicken Red Potatoes Peas and Onions Whole Wheat Roll *Ice Milk	10 Pork Stew Winter Squash Broccoli Rye Bread Fresh Apple	11 Turkey Rice Casserole Roasted Brussels Sprouts Mixed Vegetables Fresh Orange
14 Mandarin Oranges Baked Fish Florentine Baked Potato Half Lima Beans Peanut Butter Cookie	15 Baked Macaroni and Cheese Mixed Vegetables Cabbage Whole Wheat Roll Oatmeal Fruit Bar	16 Applesauce Ham-Potato Bake Winter Mix Vegetables Peas Whole Wheat Bread Brownie	17 Spaghetti and Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange	18 Juice Teriyaki Chicken Red Potatoes Oriental Spinach Whole Wheat Roll Oatmeal Fruit Bar
21 Orange Glazed Chicken Stewed Tomatoes With Macaroni Spinach Mixed Grain Bread Fresh Apple	22 Vegetarian Split Pea Soup Beef Cabbage Roll Mixed Vegetables Winter Squash Fresh Orange	23 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Frozen Peaches	24 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussels Sprouts Mixed Grain Bread Kiwi	25 Pork Adobo Baked Potato Half Winter Squash Whole Wheat Bread Oatmeal Fruit Bar
28 Vegetarian Lasagna Broccoli Carrots Whole Wheat Bread Sherbet	29 Juice Sweet & Sour Pork Red Potatoes Rosemary Roasted Carrots Whole Wheat Roll Fresh Apple	30 Chicken Fajita Casserole Flour Tortilla Spanish Rice Refried Beans Fresh Orange	31 Juice Meatloaf Gravy Baked Potato Half Spinach Mixed Grain Bread *Ice Milk	

*no sugar added, FF= fat free.

All fresh produce is subject to availability. Approved substitutions may be made without notice.

Suggested donation for eligible person (60 and over) is \$3.00 per meal.