

Meals on Wheels Kitsap Hot Meals Menu ~ August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 Marinated Green Bean Salad Cajun Baked Fish Tartar Sauce Black Beans and Rice Okra Melange Cinnamon Applesauce	2 Tropical Fruit Salad Honey Lemon Chicken Red Potatoes Peas and Onions Whole Wheat Roll *Ice Milk	3 Broccoli Salad Pork Stew Winter Squash Rye Bread Fresh Apple	4 Four Bean Salad Turkey Rice Casserole Roasted Brussels Sprouts Fresh Orange
7 Festive Sunshine Salad Baked Fish Florentine Baked Potato Half Lima Beans Mixed Grain Bread Peanut Butter Cookie	8 Hearty Salad FF French Dressing Baked Macaroni and Cheese Bean Medley Whole Wheat Roll Mandarin Oranges	9 Pea Cheese Salad Ham Potato Bake Winter Mix Vegetables Whole Wheat Bread Peaches	10 Garden Salad Thousand Island Drsg Spaghetti and Meatballs Italian Vegetables Nine Grain Bread Fresh Orange	11 Apple Slaw Teriyaki Chicken Brown Rice Oriental Spinach Whole Wheat Roll Fortune Cookie
14 Marinated Vegetable Salad Orange Glazed Chicken Stewed Tomato with Macaroni Mixed Grain Bread Waldorf Salad	15 Black-eyed Pea Salad Beef Cabbage Roll Mixed Vegetables Orange Poppy Seed Salad	16 Clam Chowder Oyster Crackers Hearty Tossed Salad HM Balsamic Vinegar Dressing Sunshine Salad Brownie	17 German Coleslaw Turkey a la King Curly Noodles Peas Mixed Grain Bread Mandarin Oranges	18 Carrot Pineapple Salad Pork Adobo Brown Rice Oriental Vegetables Whole Wheat Bread Oatmeal Fruit Bar
21 Apricots Vegetarian Lasagna Broccoli Whole Wheat Bread Sherbet	22 Tomato Onion Salad Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Whole Wheat Roll Pineapple	23 Chicken Fajita Casserole Warm Flour Tortilla Spanish Rice Refried Beans Pears	24 German Coleslaw Meatloaf Gravy Baked Potato Half Spinach Mixed Grain Bread *Ice Milk	25 Carrot Raisin Salad Baked Fish Almandine Lemon Juice Creamed Corn Japanese Vegetables Nine Grain Bread Fresh Orange
28 Mandarin Oranges Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Corn Salad Oatmeal Raisin Bar	29 Orange Poppy Seed Salad Turkey Slice Turkey Gravy Wild Rice Pilaf Winter Squash Fresh Apple	30 BBQ Pork Ribs HM Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	31 Rainbow Pasta Salad Beef Chili Tortilla Chips Broccoli Cinnamon Applesauce	

Reservations required by 2pm one day in advance. Call 377-8511 or 1-888-877-8511 to reserve.

Hearing or speech impaired persons may contact us by calling 711, the TTY relay number. *=no sugar added, FF= fat free.

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

Suggested donation for seniors 60 and over is \$3.00 per meal. For non-eligible persons, the cost is \$8.00 per meal.

2817 Wheaton Way, Suite 208~Bremerton, WA 98310~Phone: 360.377.8511~Fax: 360.377.6736~ Website: www.mealsonwheelskitsap.org

Rev. 7/21/17