

Meals on Wheels Kitsap Frozen Meals Menu ~ June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Casserole Rosemary Roasted Carrots Spinach Raisin Bread	2 Juice Beef Enchiladas Mexicali Vegetables Collards and Onion Applesauce
5 Italian Herb Baked Chicken Pasta Primavera Lima Beans Mixed Grain Bread Berry Perfect	6 Turkey Pot Pie Cabbage Mixed Vegetables Nine Grain Bread Fresh Pear	7 Juice BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Green Beans Fresh Apple	8 Spaghetti w/Meat Sauce Italian Vegetables Cabbage Mixed Grain Bread Juice	9 Juice Quiche Lorraine Red Potatoes Spinach Oatmeal Fruit Ba
12 Chicken Fajita Flour Tortilla Spanish Rice Refried Beans Berry Perfect	13 Vegetarian Lasagna California Vegetables Peas and Onions Whole Wheat Bread Juice	14 Fresh Orange Baked Fish Almandine Red Potatoes Club Spinach Raisin Bread Ice Milk	15 Mardi Gras Chicken Pasta Primavera Stewed Tomatoes Mixed Grain Bread Fresh Pear	16 Box of Raisins Turkey Tetrizzini Brussels Sprouts Wax Beans Whole Wheat Roll Ice Milk
19 Juice Beef Cabbage Roll Winter Squash Italian Vegetables Sherbet	20 Fresh Orange Sweet & Sour Chicken Roasted Sweet Potato Oriental Vegetables Nine Grain Bread Bread Pudding	21 Juice BBQ Pork Ribs Baked Beans Carrots Whole Wheat Bread	22 Turkey Broccoli Pie Mixed Vegetables Harvard Beets Whole Wheat Bread Fresh Orange	23 Fresh Orange Salmon Filet Roasted Potato Medley Spinach Whole Wheat Roll Chocolate Chip Cookie
26 Juice BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread	27 Herb Baked Fish Portion Roasted Potato Medley Brussels Sprouts Whole Wheat Bread Peanut Butter Cookie	28 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Roll Fresh Apple	29 Applesauce Hawaiian Pork Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie	30 Turkey Rice Casserole Beets Mixed Veggies Mixed Grain Bread Fresh Orange

*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.