

## Meals on Wheels Kitsap Hot Meals Menu ~ June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Marinated Green Bean Salad Spaghetti w/Meat Sauce Winter Mix Vegetables Mixed Grain Bread Sunshine Salad	2 Carrot Raisin Salad Quiche Lorraine Red Potatoes Spinach Pineapple
5 Corn Salad Chicken Taco Salad FF French Drsg. Fresh Zucchini Sticks Tortilla Chips & Salsa Oatmeal Fruit Bar	6 Apple Slaw Vegetarian Lasagna California Vegetables Whole Wheat Bread Tropical Fruit Salad	7 Baked Fish Almandine Lemon Juice Red Potatoes Club Spinach Raisin Bread Fresh Orange	8 Black-Eyed Pea Salad Mardi Gras Chicken Creamed Corn Stewed Tomatoes Mixed Grain Bread Apricots	9 Pears Turkey Tetrazzini Roasted Brussels Sprouts Ice Milk
12 Orange Poppy Seed Salad Beef Cabbage Roll Winter Squash Italian Vegetables Sherbet	13 Black-Eyed Pea Salad Sweet & Sour Chicken Brown Rice Oriental Vegetables Nine Grain Bread Apricots	14 <b>Father's Day Lunch</b> Coleslaw BBQ Pork Ribs Baked Beans Carrots Whole Wheat Bread	15 Carrot Raisin Salad Turkey Broccoli Pie Mixed Vegetables Whole Wheat Bread Fresh Orange	16 Fresh Orange Salmon Fillet w/Lemon Roasted Potato Medley Spinach Whole Wheat Roll Chocolate Chip Cookie
19 BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread Mandarin Oranges	20 German Coleslaw Herb Baked Fish Portion Lemon Juice Roasted Potato Medley California Vegetables Whole Wheat Bread Peaches	21 Corn Salad Broccoli Cheddar Quiche Peas & Onions Whole Wheat Roll Waldorf Salad	22 Carrot Date Salad Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Whole Wheat Roll Tropical Fruit Salad	23 Four Bean Salad Turkey Rice Casserole Beets Mixed Grain Bread Fresh Orange
26 Orange Poppy Seed Salad Breakfast Casserole Rosemary Roasted Carrots Raisin Bread	27 Pears Teriyaki Chicken Brown Rice Brussels Sprouts Whole Wheat Roll Ice Milk	28 Minestrone Soup Turkey Chef's Salad 1000 Island Drsg (2pk) Veggie Sticks Mixed Grain Bread Peaches	29 Garden Salad FF French Dressing Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Tomato & Onion Glazed Carrots Yogurt w/Blueberries	30 Marinated Vegetable Salad Beef Enchilada Mexicali Vegetables 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](http://www.mealsonwheelskitsap.org)

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