

Meals on Wheels Kitsap Frozen Meals Menu ~ May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fresh Apple Turkey Vegetable Soup Oyster Crackers Broccoli Scalloped Potatoes Peanut Butter Cookie	2 Grilled Chicken with Mayonnaise Lettuce & Tomato on Whole Wheat Bun Roasted Sweet Potato Black Beans-Corn-Peppers Juice	3 Juice Quiche Lorraine Red Potatoes Spinach Oatmeal Fruit Bar	4 Juice BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread	5 Juice Pork Chow Mein over Brown Rice Oriental Spinach Carrots Whole Wheat Bread
8 Mardi Gras Chicken Pasta Primavera Stewed Tomatoes Mixed Grain Bread Fresh Pear	9 Box of Raisins Turkey Tetrazzini Brussels Sprouts Wax Beans Whole Wheat Roll Ice Milk	10 Vegetarian Lasagna California Vegetables Peas and Onions Whole Wheat Bread Juice	11 Chicken Fajita Flour Tortilla Spanish Rice Refried Beans Berry Perfect	12 Fresh Orange Baked Fish Almandine Red Potatoes Club Spinach Raisin Bread Ice Milk
15 Fresh Orange Salmon Filet Roasted Potato Medley Spinach Whole Wheat Roll Chocolate Chip Cookie	16 Juice BBQ Pork Ribs Baked Beans Carrots Whole Wheat Bread	17 Turkey Broccoli Pie Mixed Vegetables Harvard Beets Whole Wheat Bread Fresh Orange	18 Juice Beef Cabbage Roll Winter Squash Italian Vegetables Sherbet	19 Fresh Apple Chicken Breast with Honey Lemon Sauce Red Potatoes California Vegetables Whole Wheat Roll Brownie
22 Juice BBQ Meatballs Baked Beans Country Trio Vegetables Raisin Bread	23 Broccoli Cheddar Quiche Corn O'Brien Peas & Onions Whole Wheat Roll Fresh Apple	24 Herb Baked Fish Portion Roasted Potato Medley Brussels Sprouts Whole Wheat Bread Peanut Butter Cookie	25 Turkey Rice Casserole Beets Mixed Vegetables Mixed Grain Bread Fresh Orange	26 Applesauce Hawaiian Pork Sweet Potatoes Oriental Vegetables Whole Wheat Roll Fortune Cookie
29 Fresh Apple Teriyaki Chicken Red Potatoes Brussels Sprouts Whole Wheat Roll Ice Milk	30 Juice Turkey Slice Turkey Gravy Baked Potato Half Winter Squash Box of Raisins	31 Breaded Fish Patty on Whole Wheat Bun Tartar Sauce Glazed Carrots Broccoli Fresh Pear		

*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.