

Meals on Wheels Kitsap Hot Meals Menu ~ May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Black-Eyed Pea Salad Mardi Gras Chicken Creamed Corn Stewed Tomatoes Mixed Grain Bread Apricots	2 Pears Turkey Tetrazzini Roasted Brussels Sprouts Ice Milk	3 Apple Slaw Vegetarian Lasagna California Vegetables Whole Wheat Bread Tropical Fruit Salad	4 Corn Salad Chicken Taco Salad Fat-free French Dressing Fresh Zucchini Sticks Tortilla Chips Salsa Oatmeal Fruit Bar	5 Baked Fish Almandine Lemon Juice Red Potatoes Club Spinach Raisin Bread Fresh Orange
8 Fresh Orange Salmon Fillet Lemon Wedge Roasted Potato Medley Spinach Whole Wheat Roll Chocolate Chip Cookie	9 Coleslaw BBQ Pork Ribs Baked Beans Carrots Whole Wheat Bread	10 Carrot Raisin Salad Turkey Broccoli Pie Mixed Vegetables Mixed Grain Bread Fresh Orange	11 Orange Poppy Seed Salad Beef Cabbage Roll Winter Squash Italian Vegetables Sherbet	12 Festive Sunshine Salad Chicken Breast with Honey Lemon Sauce Red Potatoes Winter Mix Vegetables Whole Wheat Roll Brownie
15 BBQ Meatballs Baked Beans Country Trio Veggies Raisin Bread Cantaloupe	16 Corn Salad Broccoli Cheddar Quiche Peas & Onions Whole Wheat Roll Waldorf Salad	17 German Coleslaw Herb Baked Fish Portion Lemon Juice Roasted Potato Medley California Vegetables Whole Wheat Bread Peaches	18 Four Bean Salad Turkey Rice Casserole Beets Mixed Grain Bread Fresh Orange	19 Carrot Date Salad Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Whole Wheat Roll Tropical Fruit Salad
22 Pears Teriyaki Chicken Brown Rice Brussels Sprouts Whole Wheat Roll Ice Milk	23 Garden Salad with Fat - Free French Dressing Breaded Fish Patty on Whole Wheat Bun w/Tartar Sauce, Tomato, & Onion Glazed Carrots Yogurt w/Strawberries	24 Minestrone Soup Turkey Chef's Salad 1000 Island Dressing (2pk) Veggie Sticks Mixed Grain Bread Honeydew	25 Orange Poppy Seed Salad Breakfast Casserole Rosemary Roasted Carrots Raisin Bread	26 Marinated Vegetable Salad Beef Enchilada Mexicali Vegetables Cinnamon Applesauce
29 Holiday	30 Orange Poppy Seed Salad Turkey Pot Pie Cabbage Nine Grain Bread Pears	31 Garden Salad 1000 Island Dressing BBQ Pulled Pork On Whole Wheat Bun Corn O'Brien Fresh Apple		

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.

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