

Meals on Wheels Kitsap Frozen Meals Menu ~ November 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | | 1 Pork Stew Winter Squash Broccoli Rye Bread Fresh Apple | 2 Turkey Rice Casserole Roasted Brussels Sprouts Mixed Vegetables Fresh Orange | 3 Cajun Baked Fish Black Beans & Rice Okra Melange Nine Grain Bread Pears |
| 6 Applesauce Ham-Potato Bake Winter Mix Vegetables Peas Whole Wheat Bread Brownie | 7 Spaghetti and Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange | 8 Clam Chowder Oyster Crackers Black Beans-Corn-Peppers Sweet Potatoes Pears | 9 Beef Cabbage Roll Mixed Vegetables Club Style Spinach Fresh Orange | 10 Orange Glazed Chicken Stewed Tomatoes with Macaroni Spinach Mixed Grain Bread Fresh Apple <i>Thank You Veterans!</i> |
| 13 Juice Sweet & Sour Pork Red Potatoes Rosemary Roasted Carrots Whole Wheat Roll Fresh Apple | 14 Chicken Fajita Casserole Flour Tortilla Spanish Rice Refried Beans Fresh Orange | 15 Juice Meatloaf Gravy Baked Potato Half Spinach Mixed Grain Bread *Ice Milk | 16 Vegetarian Lasagna Broccoli Carrots Whole Wheat Bread Sherbet | 17 Baked Macaroni & Cheese Mixed Vegetables Cabbage Whole Wheat Roll Oatmeal Fruit Bar |
| 20 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Fresh Kiwi | 21 Herb Baked Chicken Succotash Carrots Nine Grain Bread Fresh Orange | 22 Juice Turkey Slice Turkey Gravy Apple Bread Stuffing Winter Squash Pumpkin Pie | 23 BBQ Pork Ribs Baked Beans California Vegetables Whole Wheat Bread Juice <i>Happy Thanksgiving!</i> | 24 Beef Chili Broccoli Mexicali Vegetables Tortilla Chips Applesauce |
| 27 Fresh Pear Beef Cabbage Roll Glazed Carrots Broccoli Chocolate Chip Cookie | 28 Juice Roast Pork Slice Pork Gravy Roasted Sweet Potatoes Green Beans Mixed Grain Bread Oatmeal Fruit Bar | 29 Juice Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Whole Wheat Roll | 30 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussels Sprouts Mixed Grain Bread Pears | |

*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.