

Meals on Wheels Kitsap Hot Meals Menu ~ November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Clam Chowder Oyster Crackers Hearty Tossed Salad HM Balsamic Vinegar Dressing Sunshine Salad Brownie	2 Black-eyed Pea Salad Beef Cabbage Roll Mixed Vegetables Orange Poppy Seed Salad	3 Marinated Vegetable Salad Orange Glazed Chicken Stewed Tomato with Macaroni Mixed Grain Bread Waldorf Salad
6 Tomato Onion Salad Sweet & Sour Pork Brown Rice Rosemary Roasted Carrots Whole Wheat Roll Pineapple	7 Chicken Fajita Casserole Warm Flour Tortilla Spanish Rice Refried Beans Pears	8 German Coleslaw Meatloaf Gravy Baked Potato Half Spinach Mixed Grain Bread *Ice Milk	9 Apricots Vegetarian Lasagna Broccoli Whole Wheat Bread Sherbet	10 Closed For Meal Services <i>Thank you veterans for your service!</i>
13 Mandarin Oranges Lemon Pepper Fish Tartar Sauce Roasted Sweet Potatoes Cauliflower w/Paprika Mixed Grain Bread Chocolate Chip Cookie	14 Kiwi Mulligatawny Soup Chicken Salad Sandwich Half w/Lettuce & Tomato on Whole Wheat Bread Corn Salad Oatmeal Raisin Bar	15 Festive Sunshine Salad Turkey Slice Turkey Gravy Apple Bread Stuffing Cranberry Sauce Winter Squash Pumpkin Pie & Whipped Topping	16 BBQ Pork Ribs HM Baked Beans California Vegetables Whole Wheat Bread Tropical Fruit Salad	17 Rainbow Pasta Salad Beef Chili Tortilla Chips Broccoli Cinnamon Applesauce
20 Black-eyed Pea Salad Beef Cabbage Roll Corn O'Brien Broccoli Sunshine Salad	21 Marinated Vegetable Salad Roast Pork Slice Pork Gravy Roasted Sweet Potatoes Green Beans Mixed Grain Bread Ambrosia	22 Apple Slaw Herb Baked Chicken Lentils & Rice Pilaf Rosemary Roasted Carrots Bread Pudding Whipped Topping	23 Closed for Meal Services <i>Happy Thanksgiving!</i>	24 Closed for Meal Services
27 Tropical Fruit Salad Honey Lemon Chicken Red Potatoes Peas & Onions Whole Wheat Roll *Ice Milk	28 Salisbury Steak Mushroom Sauce Barley Carrots Mixed Grain Bread Kiwi	29 Four Bean Salad Turkey Rice Casserole Roasted Brussels Sprouts Fresh Orange	30 Broccoli Salad Pork Stew Winter Squash Rye Bread Fresh Apple	

Reservations required by 2pm one day in advance. Call 360-377-8511 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.