

Meals on Wheels Kitsap Frozen Meals Menu ~ September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fresh Orange Baked Fish Almandine Creamed Corn Japanese Vegetables Nine Grain Bread Oatmeal Fruit Bar
4 Herb Baked Chicken Succotash Carrots Nine Grain Bread Fresh Orange	5 Juice Turkey Slice Turkey Gravy Baked Potato Half Winter Squash Oatmeal Fruit Bar	6 BBQ Pork Ribs Baked Beans California Vegetables Whole Wheat Bread Juice	7 Beef Chili Broccoli Mexicali Vegetables Tortilla Chips Applesauce	8 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Fresh Kiwi
11 Fresh Orange Turkey Pot Pie Corn O'Brien Spinach Mixed Grain Bread	12 Herb Baked Chicken Succotash Carrots Nine Grain Bread Fresh Orange	13 Juice Roast Pork Slice Pork Gravy Roasted Sweet Potatoes Green Beans Mixed Grain Bread Oatmeal Fruit Bar	14 Juice Salmon Fillet Red Potatoes Scandinavian Vegetables Nine Grain Bread Fresh Apple	15 Fresh Pear Beef Cabbage Roll Glazed Carrots Broccoli Chocolate Chip Cookie
18 Pork Stew Winter Squash Broccoli Rye Bread Fresh Apple	19 Turkey Rice Casserole Roasted Brussels Sprouts Mixed Vegetables Fresh Orange	20 Cajun Baked Fish Black Beans & Rice Okra Melange Nine Grain Bread Pears	21 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Mixed Grain Bread Fresh Kiwi	22 Fresh Orange Honey Lemon Chicken Red Potatoes Peas & Onions Whole Wheat Roll *Ice Milk
25 Spaghetti & Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange	26 Baked Fish Florentine Baked Potato Half Lima Beans Applesauce Peanut Butter Cookie	27 Baked Macaroni & Cheese Mixed Vegetables Cabbage Whole Wheat Roll Oatmeal Fruit Bar	28 Juice Teriyaki Chicken Red Potatoes Oriental Spinach Oatmeal Fruit Bar Whole Wheat Roll	29 Applesauce Ham-Potato Bake Winter Mix Vegetables Peas Whole Wheat Bread Brownie

*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.