

# Meals on Wheels Kitsap Hot Meals Menu ~ September 2017

Monday

Tuesday

Wednesday

Thursday

Friday

				<p style="text-align: center;">1</p> <p>Mandarin Oranges Lemon Pepper Fish Tartar Sauce Roasted Sweet Potatoes Cauliflower w/Paprika Mixed Grain Bread Chocolate Chip Cookie</p>
<p style="text-align: center;">4</p> <p style="text-align: center;"><b>CLOSED</b> <b>LABOR DAY</b> <b>NO MEAL</b> <b>SERVICE</b></p>	<p style="text-align: center;">5</p> <p>Apple Slaw Herb Baked Chicken Lentils &amp; Rice Pilaf Rosemary Roasted Carrots Bread Pudding Whipped Topping</p>	<p style="text-align: center;">6</p> <p>Marinated Vegetable Salad Roast Pork Slice Pork Gravy Roasted Sweet Potatoes Green Beans Mixed Grain Bread Ambrosia</p>	<p style="text-align: center;">7</p> <p>Pea-Cheese Salad Salmon Fillet Lemon Wedge Red Potatoes Scandinavian Vegetables Raisin Bread Cinnamon Applesauce</p>	<p style="text-align: center;">8</p> <p>Black-eyed Pea Salad Beef Cabbage Roll Corn O'Brien Broccoli Sunshine Salad</p>
<p style="text-align: center;">11</p> <p>Broccoli Salad Pork Stew Winter Squash Rye Bread Fresh Apple</p>	<p style="text-align: center;">12</p> <p>Four Bean Salad Turkey Rice Casserole Roasted Brussels Sprouts Fresh Orange</p>	<p style="text-align: center;">13</p> <p>Marinated Green Bean Salad Cajun Baked Fish Tartar Sauce Black Beans &amp; Rice Okra Melange Cinnamon Applesauce</p>	<p style="text-align: center;">14</p> <p>Salisbury Steak Mushroom Sauce Barley Carrots Mixed Grain Bread Kiwi</p>	<p style="text-align: center;">15</p> <p>Tropical Fruit Salad Honey Lemon Chicken Red Potatoes Peas &amp; Onions Whole Wheat Roll *Ice Milk</p>
<p style="text-align: center;">18</p> <p>Garden Salad Thousand Island Drsg. (2) Spaghetti and Meatballs Italian Vegetables Nine Grain Bread Fresh Orange</p>	<p style="text-align: center;">19</p> <p>Festive Sunshine Salad Baked Fish Florentine Baked Potato Half Lima Beans Mixed Grain Bread Peanut Butter Cookie</p>	<p style="text-align: center;">20</p> <p>Hearty Salad FF French Dressing Baked Macaroni &amp; Cheese Bean Medley Whole Wheat Roll Mandarin Oranges</p>	<p style="text-align: center;">21</p> <p>Apple Slaw Teriyaki Chicken Brown Rice Oriental Spinach Whole Wheat Roll Fortune Cookie</p>	<p style="text-align: center;">22</p> <p>Pea Cheese Salad Ham Potato Bake Winter Mix Vegetables Whole Wheat Bread Peaches</p>
<p style="text-align: center;">25</p> <p>German Coleslaw Turkey a la King Curly Noodles Peas Mixed Grain Bread Mandarin Oranges</p>	<p style="text-align: center;">26</p> <p>Marinated Vegetable Salad Orange Glazed Chicken Stewed Tomato w/Macaroni Mixed Grain Bread Waldorf Salad</p>	<p style="text-align: center;">27</p> <p>Black-eyed Pea Salad Beef Cabbage Roll Mixed Vegetables Orange Poppy Seed Salad</p>	<p style="text-align: center;">28</p> <p>Carrot Pineapple Salad Pork Adobo Brown Rice Oriental Vegetables Whole Wheat Bread Oatmeal Fruit Bar</p>	<p style="text-align: center;">29</p> <p>Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Drsg. Sunshine Salad Brownie</p>

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.

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