

Meals on Wheels Kitsap Hot Meals Menu ~ August 2019

			<p style="text-align: center;">1</p> <p style="text-align: center;">Orange Glazed Chicken Roasted Sweet Potatoes Brussels Sprouts Raisin Bread Fresh Apple</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Baked Ziti Cauliflower Four Bean Salad Mixed Grain Bread Honeydew Melon</p>
<p style="text-align: center;">5</p> <p style="text-align: center;">Swedish Meatballs Curly Noodles Rosemary Roasted Carrots German Coleslaw Rye Bread Apricots</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Baked Fish Florentine Baked Potato Half Country Trio Vegetables Broccoli Salad Mixed Grain Bread Cantaloupe</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Pork Adobo Brown Rice Oriental Spinach Mandarin Oranges Whole Wheat Roll Ice Milk*</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Turkey Pot Pie Lima Beans Apple Slaw Festive Sunshine Salad</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Chicken Mulligatawny Soup Chicken Salad Sandwich Half with Lettuce & Tomato on Whole Wheat Bread Fresh Orange Fresh Baby Carrots</p>
<p style="text-align: center;">12</p> <p style="text-align: center;">Hawaiian Pork Brown Rice Pilaf Oriental Vegetables Carrot Date Salad Whole Wheat Roll Tropical Fruit Salad</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Honey Lemon Chicken Red Potatoes Carrots & Cauliflower Whole Wheat Bread Fresh Pear</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Tuna Noodle Casserole Club Spinach Coleslaw Whole Wheat Roll Fresh Orange</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Beef Cabbage Roll Marinated Green Bean Salad Orange Poppy Seed Slaw Carrots Yogurt w/Strawberries</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Turkey Chef Salad 1000 Island Dressing Corn Salad Mixed Grain Bread Fresh Fruit Salad</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">Hungarian Goulash Spinach Rye Bread Apple Slaw Coconut Pudding</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Clam Chowder Oyster Crackers Hearty Tossed Salad Balsamic Vinegar Dressing Sunshine Salad Brownie</p>	<p style="text-align: center;">21</p> <p style="text-align: center;"><u>Kitsap County Fair Days</u> BBQ Chicken Sweet Potatoes Mixed Vegetables Coleslaw Cornbread Watermelon</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Broccoli Cheddar Quiche Garden Salad Fat Free Honey Dijon Dressing Mexicali Vegetables Harvard Beets Mixed Grain Bread Fresh Orange</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Roast Pork Slice Pork Gravy Wild Rice Pilaf Carrot Pineapple Salad Broccoli Nine Grain Bread Cinnamon Applesauce</p>
<p style="text-align: center;">26</p> <p style="text-align: center;">Lemon Pepper Fish Lemon Juice Red Potatoes Lima Beans Cantaloupe Whole Wheat Bread Oatmeal Raisin Bar</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Beef Barley Soup Hearty Salad FF Honey Dijon Dressing Whole Wheat Roll Tropical Fruit Salad</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Turkey Slice Turkey Gravy Brown Rice Broccoli Mix Grain Bread Fresh Pear</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Chicken Marinara over Spaghetti Brussels Sprouts Orange Poppy Seed Slaw Whole Wheat Roll Ice Milk*</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Salisbury Steak Brown Gravy Baked Potato Half Rosemary Roasted Carrots Nine Grain Bread Honeydew Melon</p>

Reservations required by 2pm one business 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.

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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