
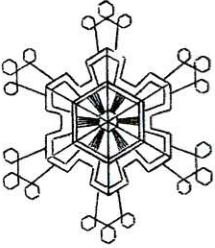




Meals on Wheels Kitsap Frozen Meals Menu ~ January 2021

 <p>4 Beef Cabbage Roll Over Brown Rice Black Eyed Peas Broccoli Whole Wheat Bread Fresh Pear</p>	 <p>5 Roast Pork Slice with Brown Gravy Over Barley Roasted Sweet Potatoes Green Beans Mixed Grain Bread Diced Peaches</p>	 <p>6 Salmon Fillet Over Quinoa Scandinavian Vegetables Peas Mix Grain Bread Chocolate Chip Cookie Fresh Orange</p>	 <p>7 Turkey Pot Pie Corn O'Brien Spinach Whole Wheat Bread Oatmeal Fruit Bar Fresh Apple</p>	<p>1 New Year's Day BBQ Pork Ribs Over Quinoa Baked Beans California Vegetables Whole Wheat Bread Sherbet Fresh Pear</p>
<p>11 Honey Lemon Chicken Over Curly Noodles Diced Carrots Peas and Onions Whole Wheat Bread Ice Milk Fresh Orange</p>	<p>12 Pork Stew Over Quinoa Winter Squash Broccoli Rye Bread Fresh Apple</p>	<p>13 Turkey Porcupine Meatballs Over Brown Rice Green Beans Carrots and Cauliflower Whole Wheat Bread Fresh Pear</p>	<p>14 Lemon Pepper Fish Roasted Sweet Potatoes Club-Style Spinach Mixed Grain Bread Oatmeal Raisin Bar Fresh Kiwi</p>	<p>15 Salisbury Steak Mushroom Sauce Barley Brussels Sprouts Whole Wheat Roll Fresh Apple</p>
<p>18 Martin Luther King Jr. Day Baked Fish Florentine Brown Rice Pilaf Roasted Sweet Potatoes Mixed Grain Bread Oatmeal Fruit Bar Marion Berries</p>	<p>19 Macaroni and Cheese Lima Beans Roasted Rosemary Carrots Whole Wheat Roll Fresh Pear</p>	<p>20 Ham-Potato Bake Over Quinoa Winter Mix Vegetables Black Eyed Peas Whole Wheat Bread Brownie Applesauce</p>	<p>21 Spaghetti and Meatballs Italian Vegetables Beets Nine Grain Bread Fresh Orange</p>	<p>22 Teriyaki Chicken Over Brown Rice Oriental Spinach Carrots Whole Wheat Roll Fortune Cookie Fresh Apple</p>
<p>25 Pork Adobo Over Brown Rice Broccoli Winter Squash Whole Wheat Bread Fresh Pear</p>	<p>26 Clam Chowder Oyster Crackers Santa Fe Black Beans Roasted Sweet Potatoes Nine Grain Bread Fresh Apple</p>	<p>27 Beef Cabbage Roll Over Brown Rice Mixed Vegetables Club-Style Spinach Whole Wheat Roll Fresh Orange</p>	<p>28 Orange Glazed Chicken Stewed Tomatoes with Macaroni Cauliflower Whole Wheat Bread Fresh Apple</p>	<p>29 Turkey a la King over Curly Noodles Scandinavian Vegetables Brussel Sprouts Mixed Grain Bread Fresh Orange</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.

2817 Wheaton Way Ste. 208, Bremerton, WA 98310 Phone: 360-377-8511 Fax: 360-377-6736 Website: www.mealsonwheelskitsap.org