

Meals on Wheels Kitsap Frozen Meals Menu ~ November 2020

2 Orange Glazed Chicken Over Quinoa Roasted Sweet Potatoes Brussel Sprouts Raisin Bread Fresh Apple	3 Beef Taco Meat Spanish Rice Black Beans-Corn-Peppers Flour Tortilla Salsa (2 pkt) Fresh Peach Oatmeal Fruit Bar	4 Swedish Meatballs Over Curly Noodles Rosemary Roasted Carrots Cabbage Rye Bread Fresh Pear	5 Baked Ziti Cauliflower Bean Medley Whole Wheat Bread Fresh Apple	6 Pork Adobo Over Brown Rice Oriental Spinach Broccoli Fresh Orange Whole Wheat Roll Ice Milk
9 BBQ Pork Ribs Pasta Primavera Winter Mix Vegetables Mixed Grain Bread Applesauce	10 Turkey Pot Pie Lima Beans Broccoli Nine Grain Bread Oatmeal Fruit Bar Fresh Pear	11 Herb-Baked Chicken Red Potatoes Winter Squash Whole Wheat Bread Fresh Orange 3 Pack Graham Crackers	12 Baked Fish Florentine Over Spinach Barley Scandinavian Veggie Blend Mixed Grain Bread Marion Berries	13 Beef Cabbage Roll Over Brown Rice Green Beans Carrots Whole Wheat Bread Fresh Apple
16 Mediterranean Bean Soup Red Potatoes Mixed Vegetables Nine Grain Bread Fresh Orange Oatmeal Fruit Bar	17 Salmon Fillet Over Quinoa Peas Roasted Root Vegetables Whole Wheat Roll Mandarin Orange Oatmeal Raisin Cookie	18 Turkey a la King Over Curly Noodles Brussel Sprouts Stewed Tomatoes Whole Wheat Bread Fresh Apple	19 Hawaiian Pork Over Brown Rice Pilaf Roasted Sweet Potatoes Oriental Vegetables Whole Wheat Roll Marion Berries Fortune Cookie	20 Honey Lemon Chicken Over Quinoa Peas Carrots & Cauliflower Whole Wheat Bread Fresh Pear
23 Chicken Marinara over Spaghetti Italian Blend Veggies Brussels Sprouts Whole Wheat Roll Ice Milk Box of Raisins	24 Broccoli Cheddar Quiche Mexicali Vegetable Harvard Beets Nine Grain Bread Fresh Orange Brownie	25 Roast Pork Slice With Gravy Over Wild Rice Pilaf Broccoli Rosemary Carrots Whole Wheat Bread Fresh Apple	26 Thanksgiving Lunch Turkey Slice With Turkey Gravy Apple Bread Stuffing Cranberry Sauce Winter Squash Pumpkin Pie Fresh Orange	27 Clam Chowder Oyster Crackers Black Beans-Corn And Peppers Sweet Potatoes Whole Wheat Bread Pears
30 Hungarian Goulash Spinach Cauliflower Rye Bread Fresh Apple				

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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