

Important Policy

* Be home between 11:00 a.m.- 1:30 p.m. Monday - Friday to receive your meals.

* Cancellations require 2 business days' notice.

* Call Client Services at 804-673-5035 before 10:00 a.m. when you will not be home during delivery time and have alternate delivery instructions.

* Do not leave notes on your door. Call Client Services instead.

* Not following these policies could result in meals being stopped.

Heating Instructions in a conventional oven:

* Preheat oven to 350° (do not exceed 400°)

* Pull back plastic film to vent

* Bake on cookie sheet in center of oven 10-20 minutes to 165° - if frozen, bake 30 minutes

* Let container cool. It will regain strength at room temperature

* Cooking times may vary.

***Stir 8 oz water into beverage packet until

* Cooking times may



Fall/Winter 2023-24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange-Cranberry Chicken Seasonal Vegetable Baked Acorn Squash Cinnamon Applesauce Banana Oatmeal Bread	2 Breaded Baked Fish Corn and Cheese Pudding Sautéed Spinach w/ Olive Oil Fresh Fruit Whole Wheat Roll	3 Roast Turkey w/ Gravy Herbed Bread Stuffing Brussels Sprouts Fruited Gelatin Salad Whole Wheat Roll	4 Old Fashioned Meatloaf w/ Gravy Garlic Smashed Potatoes Seasoned Broccoli Fresh Fruit Whole Wheat Roll	5 Maple Glazed Pork Loin Butternut Squash with Pears Roasted Cauliflower Side Salad w/ Dressing Whole Wheat Roll
8 Cheese Omelet Ratatouille Oven Fried Potatoes Fresh Fruit Whole Wheat Roll	9 Lemon Basil Chicken w/ Mushrooms Seasonal Vegetable Butternut Squash Bake Fruit Cocktail Custard Bread Pudding	10 Creamy Salmon Alfredo Seasoned Greens Parsley Buttered Carrots Butterscotch Apple Dessert Whole Wheat Roll	11 BBQ Pulled Pork Braised Red Cabbage Sweet Potato Pudding Salad and Dressing Whole Wheat Roll	12 Beef Pot Roast Oven Roasted Potatoes Italian Green Beans Fresh Fruit Whole Grain Muffin
15 Mac and Cheese Baked Tomato Half Seasoned Broccoli Fresh Fruit Whole Wheat Roll	16 Fish Creole Yellow Rice Seasonal Vegetable Fruited Gelatin Salad Pumpkin Bread	17 Turkey Dressing Supreme Cranberry Glazed Carrots Side Salad w/ Dressing Whole Wheat Roll	18 Bavarian Beef Buttered Peas & Onions Roasted Cauliflower Fresh Fruit Whole Wheat Roll	19 Cheese Ravioli with Marinara Sauce Mixed Italian Vegetables Pear Crumble Garlic Bread
22 Chicken Pot Pie Turnips & Greens Spiced Peaches Whole Wheat Roll	23 Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables Pineapple Chunks Whole Wheat Roll	24 Orange Chicken & Broccoli Sitr-fry Brown Rice Seasoned Beets Fresh Fruit Whole Wheat Roll	25 Baked Fish w/ Lemon Butter Quinoa w/ Roasted Root Veg Seasonal Vegetable Fresh Fruit Custard Bread Pudding	26 Chili Con Carne 1/2 Baked Potato Cinnamon Baked Apples Side Salad w/ Dressing Whole Wheat Crackers

Meals include non-fat dry milk, 100% fruit juice or fortified beverage packet. 1 pat Promise Spread. Menu is subject to change.