

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.

varv.



Fall/Winter 2020-2021 Main Meal Menu

Approved by Juliane Steenkamer, M.S.,R.D.
FeedMore's Meals on Wheels (804) 673-5035

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Baked Fish with Dill Sauce Peas and Carrots Custard Bread Pudding Whole Wheat Roll	2 Baked Ziti Seasonal Vegetable Cinnamon Applesauce Garlic Roll	3 Scalloped Potato and Hamburger Italian Mixed Vegetables Seasoned Beets Whole Wheat Roll	4 Cream of Turkey on Biscuit Seasoned Collards Spiced Peaches Whole Wheat Roll	5 Pork w/ Apples & Cranberries Baked Sweet Potatoes California Blend Vegetables Whole Wheat Roll
8 Pinto Beans with Smoked Turkey Seasoned Broccoli Cinnamon Baked Apples Whole Wheat Roll	9 Baked Fish w/ Citrus Sauce Butternut Squash and Pears Herbed Barley Pilaf Blueberry Oatmeal-Lentil Muffin	10 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	11 'Unstuffed' Cabbage Roasted Cauliflower Butterscotch Apple Dessert Whole Wheat Roll	12 Roast Turkey w/ Gravy Smashed Potato, Parsnips & Rutabaga Parsley Buttered Carrots Whole Wheat Roll
15 Oriental Stir Fry w/ Chicken Brown Rice Pears w/ Apricot-Ginger Sauce Whole Wheat Roll	16 Taco Casserole Spanish Rice Seasonal Vegetable Whole Wheat Roll	17 Salmon Alfredo Seasoned Broccoli Cinnamon Applesauce Cornbread	18 NC-Style BBQ Pork Seasoned Green Beans Sweet Potato Pudding Whole Wheat Roll	19 Mildred's Meatloaf Mashed Potato and Cauliflower Seasoned Beets Whole Wheat Roll
22 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Whole Wheat Roll	23 Apple Chicken Sausage w/ Peppers & Onions Roasted Acorn Squash Apple Cherry Compote Whole Wheat Hot Dog Roll	24 Roast Turkey w/ Gravy Bread Stuffing Cranberry Glazed Carrots Whole Wheat Roll	25 Pot Roast with Gravy Buttered Peas and Onions Roasted Cauliflower Peach Cinnamon Muffin	26 Baked Fish w/ Broccoli Cheese Sce BBQ Roasted Root Vegetables Pear Crumble Whole Wheat Roll

SAMPLE MENU

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