

**\*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 dissolved\*\*\*

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## Spring/Summer Menu 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Barbeque Pork Creamy Turmeric Grits & Greens Baked Apples Creamy Cole Slaw Whole Wheat Roll	2	Baked Fish w/ Citrus Sauce Summer Squash Souffle Seasonal Vegetable Fresh Fruit Whole Wheat Roll	3	Mildred's Meatloaf Seasoned Broccoli Baked Beans Side Salad w/ Dressing Whole Wheat Roll	4	Chicken Broccoli Casserole Whole Wheat Penne Roasted Cauliflower Tropical Fruit Treat Whole Wheat Roll	5	<b>COLD PLATE</b> Chef Salad Sweet Potato Salad  Fruit Cocktail Whole Wheat Crackers
8	Egg and Cheese Omelet Roasted Root Vegetables Seasoned Greens Sliced Pears Whole Wheat Roll	9	Roast Turkey w/ Gravy Cauli-Pinto Mashed Potatoes Seasonal Vegetable Pineapple Tidbits Applesauce Bran Muffin	10	Salmon Teriyaki Cake Fried Brown Rice Asian Blend Vegetables Cinnamon Applesauce Whole Wheat Roll	11	Spaghetti w/ Meat Sauce Seasoned Greens w/ Olive Oil  Peach Berry Crumble Garlic Bread	12	Brazilian Chicken Stroganoff Seasoned Barley Steamed Broccoli Fresh Fruit Whole Wheat Roll
15	Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Baked Apples Whole Wheat Roll	16	Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruited Gelatin Salad Whole Wheat Roll	17	Baked Honey Lemon Chicken Succotash Seasoned Beets Pineapple Macaroon Crisp Whole Wheat Roll	18	<b>COLD PLATE</b> Cranberry Turkey Salad 3 Bean Salad Tapioca Pudding Fresh Fruit Whole Wheat Crackers	19	Baked Fish w/ Lemon Butter California Blend Vegetables Wild Rice Pilaf Mandarin Oranges Apple Cinnamon Muffin
22	Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots Tropical Fruit Salad Whole Wheat Roll	23	Baked Fish w/ Carrot Ginger Sauce Spoonbread Seasonal Vegetable Cinnamon Applesauce Blueberry Oatmeal-Lentil Muffin	24	Spanish Pork Whole Wheat Penne Peach Crisp Side Salad w/ Dressing Whole Wheat Roll	25	Mac and Cheese Stewed Tomatoes Steamed Broccoli Fresh Fruit Whole Wheat Roll	26	Roast Beef w/ Gravy Seasoned Peas Steamed Red Cabbage Pineapple Tidbits Whole Wheat Roll
Meal includes 1% milk or calcium fortified beverage packets. Fruits are unsweetened. Bread includes 1 pat of spread. Menu is subject to change.									