

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.

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September 2019 Main Meal Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 LABOR DAY No Delivery Today Shelf Stable Meal Will Be Delivered on Thursday August 29th</p>	<p>3 HOLIDAY MEAL Hamburger On A Bun Baked Beans Caprese Tomato Salad Strawberry Short Cake</p>	<p>4 Spanish Pork Chop Egg Noodles Peach-Strawberry Crumble Side Salad w/ Dressing Whole Wheat Roll</p>	<p>5 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll</p>	<p>6 Baked Fish w/ Citrus Sauce Wild Rice Pilaf Parslied Buttered Carrots Fruit Cocktail Whole Wheat Roll</p>
<p>9 Baked Honey Lemon Chicken Succotash Seasoned Cauliflower Pineapple Macaroon Crisp Whole Wheat Roll</p>	<p>10 Roast Turkey w/ Gravy Cornbread Stuffing Seasonal Vegetable Fresh Fruit Whole Wheat Roll</p>	<p>11 Salmon Teriyake Cake Brown Rice Broccoli Oriental Butterscotch Pudding Whole Wheat Roll</p>	<p>12 COLD PLATE Cranberry Turkey Salad 3 Bean Salad Sliced Pears Dessert Surprise Whole Wheat Crackers</p>	<p>13 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Mandarin Oranges Garlic Bread</p>
<p>16 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll</p>	<p>17 Roast Pork with Apples Summer Squash Souffle Braised Red Cabbage Vanilla Pudding Whole Wheat Roll</p>	<p>18 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruit Cocktail Whole Wheat Roll</p>	<p>19 Ravioli with Marinara Sauce Italian Blend Vegetables Fresh Fruit Ginger Snaps Whole Wheat Roll</p>	<p>20 Baked Fish w/ Lemon Butter Steamed Broccoli Brown Rice Side Salad w/ Dressing Peach Cinnamon Muffin</p>
<p>23 Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Fresh Fruit Whole Wheat Roll</p>	<p>24 Baked Fish Florentine Herbed Lentils Baked Gingered Pears Vanilla Wafers Whole Wheat Roll</p>	<p>25 Creamy Mushrooms & Pork Mashed Red Skinned Potatoes Roasted Asparagus Fruited Gelatin Salad Whole Wheat Roll</p>	<p>26 Mac and Cheese Baked Tomato Half Steamed Broccoli Cinnamon Applesauce Whole Wheat Roll</p>	<p>27 COLD PLATE Chef Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers</p>
<p>30 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll</p>				

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 t Promise Spread. Menu is subject to change.

Emergency Food Supplies - Be Prepared

- * One gallon water per person per day
- * Ready-to-eat proteins: canned tuna, chicken, meat, beans, spaghetti, soup, stews, peanut butter & nuts
- * Veggies: canned veggies & veggie juice
- * Fruits: canned snack pack, dried, 100% fruit juice
- * Grains: crackers, breads & cereals
- * Milk/Dairy: dried or evaporated milk, shelf-stable processed cheese
- * Low sodium items are healthier & reduce thirst
- * Buy pop-tops or get a manual can opener for power outages

In the event of bad weather, listen to local radio WRVA-1140 AM or TV - NBC, ABC or CBS to see if FeedMore's Meals on Wheels is open for delivery.



September 2019 Second Meal Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY No Delivery Today Shelf Stable Meal Will Be Delivered on Thursday August 29th	3 Egg Salad Sandwich Green Pea Salad Fruit Cocktail	4 Provolone w/ Grilled Veggie Sandwich Southern Macaroni Salad Fruited Gelatin Salad	5 Chicken Salad Sandwich Sandwich Garden Pasta Salad with Feta Fresh Fruit	6 Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers
9 Steak and Veggie Sandwich Sweet and Sour Coleslaw Fresh Fruit	10 Baked Chicken Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits	11 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches	12 Swiss Cheese Sandwich Chickpea and Tomato Salad Fruit Salad	13 I una Salad Sandwich Broccoli/Cauliflower and Celery Salad Graham Crackers
16 Chicken Salad Sandwich Summer Crunch Salad Fresh Fruit	17 Peanut Butter and Jelly Sandwich Summer Macaroni Salad Sliced Peaches	18 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat	19 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding	20 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler
23 Sundried Tomato and Cheese Sandwich Marinated Broccoli Salad Sliced Pears	24 Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits	25 Cranberry Turkey Salad Sandwich Summer Succotash Salad Sliced Peaches	26 Tuna Salad Sandwich Broccoli Slaw Fruited Gelatin Salad	27 Roast Beef w/ Cucumber Dill & Cream Cheese Sandwich Carrot Raisin Salad Fresh Fruit
30 Peanut Butter & Jelly Sandwich 3 Bean Salad Tropical Fruit Salad				