

**\*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.



**2021 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><b>3</b></p> <p>Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots  Corn Bread</p>	<p><b>4</b></p> <p>Baked Fish w/ Carrot Ginger Sce. Barley Pilaf w/ Mushrooms and Asparagus Seasonal Vegetable Whole Wheat Roll</p>	<p><b>5</b></p> <p>Roast Pork w/ Cranberries &amp; Apples Mashed Red Skinned Potatoes Pears and Cherries Whole Wheat Roll</p>	<p><b>6</b></p> <p>Mac and Cheese Stewed Tomatoes Steamed Broccoli  Whole Wheat Roll</p>	<p><b>7</b></p> <p>Roast Beef with Gravy Seasoned Peas Spiced Peaches  Whole Wheat Roll</p>
<p><b>10</b></p> <p>NC Style Pulled Pork Seasoned Greens Peach and Berry Crumble  Whole Wheat Roll</p>	<p><b>11</b></p> <p>Roast Chicken w/ Fennel and Peaches Corn Zucchini Parmesan Corn Bread</p>	<p><b>12</b></p> <p>Turkey Loaf with Gravy Butter Braised Radishes Baked Beans  Whole Wheat Roll</p>	<p><b>13</b></p> <p>Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Baked Apples  Garlic Bread</p>	<p><b>14</b></p> <p>Baked Fish w/ Citrus Sauce Summer Squash Soufflé Cherry and Pear Compote  Whole Wheat Roll</p>
<p><b>17</b></p> <p>Egg and Cheese Omelet Roasted Root Vegetables Seasoned Zucchini  Whole Wheat Roll</p>	<p><b>18</b></p> <p>Roast Turkey w/ Gravy Mashed Potatoes Seasonal Vegetable  Applesauce Bran Muffin</p>	<p><b>19</b></p> <p>Salmon Teriyaki Cake Fried Brown Rice Broccoli Oriental  Hamburger Bun</p>	<p><b>20</b></p> <p>Chicken Cacciatore Whole Wheat Egg Noodles Fruit Crisp  Whole Wheat Roll</p>	<p><b>21</b></p> <p>Italian Meatloaf Green Bean Casserole Seasoned Beets  Whole Wheat Roll</p>
<p><b>24</b></p> <p>Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Baked Apples Whole Wheat Roll</p>	<p><b>25</b></p> <p>Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable  Whole Wheat Roll</p>	<p><b>26</b></p> <p>Chicken Sausage w/ Peppers and Onions Brown Rice Parslied Carrots Biscuit</p>	<p><b>27</b></p> <p>Pasta Primavera w/ Chicken Braised Red Cabbage Pineapple Macaroon Crisp  Whole Wheat Roll</p>	<p><b>28</b></p> <p>Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Turmeric &amp; Apple  Cinnamon Muffin</p>
<p><b>31</b></p> <p>Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots  Corn Bread</p>				

Due to COVID-19 Meals are made fresh then frozen and come with 100% fruit juice, non-fat dry milk, and sugar-free nutrient fortified beverage packets