

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

varv.



Fall/Winter 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sweet and Sour Pork Barley & Wild Rice Stuffing Seasoned Broccoli Whole Wheat Roll	2 Baked Fish w/ Spanish Sauce Spinach Artichoke Gratin Roasted Butternut Squash Blueberry Oatmeal-Lentil Muffin	3 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	4 Beef & Mushroom Meatloaf Steamed Cabbage & Carrots Butterscotch Apple Dessert Whole Wheat Roll	5 Roast Turkey w/ Gravy Smashed Root Vegetables Parsley Buttered Carrots Cornbread Whole Wheat Roll
8 Chicken Vegetable Stir Fry Brown Rice Pears w/ Apricot-Ginger Sauce Whole Wheat Roll	9 Tex-Mex Casserole Spanish Rice Seasonal Vegetable Whole Wheat Roll	10 Salmon Alfredo Seasoned Broccoli Herbed Carrots Millet Muffin	11 BBQ Pulled Pork Seasoned Green Beans Sweet Potato Pudding Whole Wheat Roll	12 Italian Meatloaf Mashed Potato Seasoned Beets Whole Wheat Roll
15 Mac and Cheese Stewed Tomato Roasted Brussels Sprouts Whole Wheat Roll	16 Sausage and Lentils Roasted Acorn Squash Apple Cherry Compote Whole Wheat Roll	17 Roast Turkey w/ Gravy Mediterranean Beans Cranberry Glazed Carrots Whole Wheat Roll	18 Pot Roast w/ Gravy Buttered Peas & Onions Roasted Cauliflower Pumpkin Bread	19 Baked Fish w/ Creole Sauce Glazed Root Vegetables Pear Crumble Whole Wheat Roll
22 Baked Fish with Dill Sauce Peas and Carrots Custard Bread Pudding Whole Wheat Roll	23 Ravioli Lasagna Seasonal Vegetable Ginger Pear Crisp Garlic Roll	24 Beef, Rice and Mushroom Casserole Italian Mixed Vegetables Seasoned Beets Whole Wheat Roll	25 Chicken Pot Pie Turnips & Greens Spiced Peaches Whole Wheat Roll	26 Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables Whole Wheat Roll

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