

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.

FEED MORE

April 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
1 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	2 Chicken & Vegetable Parmesan Green Beans Whole Wheat Pasta Mandarin Oranges Whole Wheat Roll	3 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	4 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	5 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Side Salad w/ Dressing Whole Wheat Roll
8 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll	9 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Soufflé Cinnamon Applesauce Whole Wheat Roll	10 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll	11 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Dessert Surprise	12 Cold Plate Chef Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers
15 Pork Loin w/ Cranberry Glaze Roasted Cauliflower Herbed Lentils Fruit Cocktail Whole Wheat Roll	16 Garden Pasta Bake Seasonal Vegetables Cinnamon Applesauce Whole Wheat Roll	17 Scalloped Potato & Hamburger Italian Mixed Vegetables Creole Tomatoes Side Salad w/ Dressing Whole Wheat Roll	18 Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	19 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Pumpkin Pudding Whole Wheat Roll
22 Special Holiday Meal Pineapple Glazed Pork Green Beans with Turkey Bacon Corn Pudding Dessert Surprise	23 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Tropical Fruit Salad Whole Wheat Roll	24 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll	25 Cold Plate Cranberry Turkey Salad 3 Bean Salad Sliced Pears Chocolate Pudding Whole Wheat Crackers	26 Spanish Pork Chop Egg Noodles Seasoned Broccoli Fresh Fruit Whole Wheat Roll
29 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	30 Chicken & Vegetable Parmesan Green Beans Whole Wheat Pasta Mandarin Oranges Whole Wheat Roll	 		

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter. Menu is subject to change.