

**\*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

## December 2018 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
3 Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples Graham Crackers Whole Wheat Roll	4 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Tropical Fruit Salad Whole Wheat Roll	5 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll	6 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Fresh Fruit Garlic Bread	7 Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll
10 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	11 Baked Chicken and Vegetable Parmesan Whole Wheat Pasta Mandarin Oranges Whole Wheat Roll	12 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	13 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	14 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll
17 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll	18 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Soufflé Cinnamon Applesauce Whole Wheat Roll	19 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll	20 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Custard Bread Pudding	21 Turkey Divan Brown Rice Seasonal Vegetable Peach Slices Whole Wheat Roll
24 <b>Holiday Meal</b> Ham w/ Cranberry- Pineapple Chutney Candied Yams Bacon-Onion Brussels Sprouts Dessert Surprise	25 <b>Merry Christmas!</b> <b>Closed for Christmas Holiday Shelf Stable Meal Delivered on Monday 12/24</b>	26 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Fresh Fruit Whole Wheat Roll	27 Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	28 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Pumpkin Pudding Whole Wheat Roll
31 <b>Holiday Meal</b> Hoppin' John Stewed Tomatoes Turnips and Greens Orange Corn Bread	1 <b>Happy New Year!</b> <b>Closed for New Year's Holiday Shelf Stable Meal Delivered on Monday 12/31</b>			

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