

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.



February 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>1</p> <p>Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll</p> |
| <p>4</p> <p>Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll</p> | <p>5</p> <p>Chicken & Vegetable Parmesan Green Beans Whole Wheat Pasta Mandarin Oranges Whole Wheat Roll</p> | <p>6</p> <p>Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin</p> | <p>7</p> <p>Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll</p> | <p>8</p> <p>Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll</p> |
| <p>11</p> <p>Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll</p> | <p>12</p> <p>Marinated Pork Tenderloin Roasted Acorn Squash Spinach Soufflé Cinnamon Applesauce Whole Wheat Roll</p> | <p>13</p> <p>Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll</p> | <p>14</p> <p>Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Dessert Surprise</p> | <p>15</p> <p>Turkey Divan Brown Rice Seasonal Vegetable Peach Slices Whole Wheat Roll</p> |
| <p>18</p> <p>President's Day Closed for Holiday Shelf Stable Meal Delivered on Thursday 1/14</p> | <p>19</p> <p>Garden Pasta Bake Seasonal Vegetables Cinnamon Applesauce Whole Wheat Roll</p> | <p>20</p> <p>Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Fresh Fruit Whole Wheat Roll</p> | <p>21</p> <p>Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll</p> | <p>22</p> <p>Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Pumpkin Pudding Whole Wheat Roll</p> |
| <p>25</p> <p>Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples Graham Crackers Whole Wheat Roll</p> | <p>26</p> <p>Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Tropical Fruit Salad Whole Wheat Roll</p> | <p>27</p> <p>Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll</p> | <p>28</p> <p>Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Fresh Fruit Garlic Bread</p> | |

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