

**\*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.

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## January 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 <b>Happy New Year!!</b> <b>Closed for New Year's Holiday</b> <b>Shelf Stable Meal</b> <b>Delivered on Monday 12/31</b>	2 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll	3 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Fresh Fruit Garlic Bread	4 Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll
7 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	8 Baked Chicken and Vegetable Parmesan Whole Wheat Pasta Mandarin Oranges Whole Wheat Roll	9 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	10 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	11 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll
14 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll	15 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Soufflé Cinnamon Applesauce Whole Wheat Roll	16 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll	17 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Custard Bread Pudding	18 Turkey Divan Brown Rice Seasonal Vegetable Peach Slices Whole Wheat Roll
21 <b>Martin Luther King Day</b> <b>Closed for Holiday</b> <b>Shelf Stable Meal</b> <b>Delivered on Thursday 1/17</b>	22 Garden Pasta Bake Seasonal Vegetables Cinnamon Applesauce Whole Wheat Roll	23 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Fresh Fruit Whole Wheat Roll	24 Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	25 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Pumpkin Pudding Whole Wheat Roll
28 Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples Graham Crackers Whole Wheat Roll	29 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Tropical Fruit Salad Whole Wheat Roll	30 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll	31 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Fresh Fruit Garlic Bread	

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

**\*Emergency Food Supplies - Be Prepared\***

\* One gallon water per person per day

\* Ready-to-eat proteins:

canned tuna, chicken, meat, beans, spaghetti, soup, stews, peanut butter & nuts

\* Veggies: canned veggies & veggie juice

\* Fruits: canned snack pack, dried, 100% fruit juice

\* Grains: crackers, breads & cereals

\* Milk/Dairy: dried or evaporated milk, shelf-stable processed cheese

\* Low sodium items are healthier & reduce thirst

\* Buy pop-tops or get a manual can opener for power outages


**In the event of bad weather, listen to local radio WRVA-1140 AM or TV - NBC, ABC or CBS to see if FeedMore's Meals on Wheels is open for delivery.**

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## January 2019 Second 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 <b>Happy New Year!!</b> <b>Closed for New Year's Holiday</b> <b>Shelf Stable Meal</b> <b>Delivered on Monday 12/31</b>	2 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches	3 Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Chocolate Pudding	4 Swiss Cheese Sandwich Chickpea and Tomato Salad Fruit Cocktail
7 Tuna Salad Sandwich Summer Crunch Salad Grapes	8 Peanut Butter and Jelly Sandwich Summer Macaroni Salad Sliced Peaches	9 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat	10 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler	11 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding
14 Sundried Tomato and Cheese Sandwich Marinated Broccoli Salad Sliced Pears	15 Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits	16 Cranberry Turkey Salad Sandwich Summer Succotash Salad Sliced Peaches	17 Tuna Salad Sandwich Broccoli Slaw Fruited Gelatin Salad	18 Roast Beef w/ Cucumber Dill & Cream Cheese Sandwich Carrot Raisin Salad Fresh Fruit
21 <b>Martin Luther King Jr. Day</b> <b>Closed for Holiday</b> <b>Shelf Stable Meal</b> <b>Delivered on Thursday 1/17</b>	22 Egg Salad Sandwich Green Pea Salad Fruit Ambrosia	23 Provolone w/ Grilled Veggie Sandwich Southern Macaroni Salad Fruited Gelatin Salad	24 Chicken Salad Sandwich Sandwich Garden Pasta Salad with Feta Fresh Fruit	25 Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers
28 Grilled Chicken Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits	29 Steak and Veggie Sandwich Sweet and Sour Coleslaw Fresh Fruit	30 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches	31 Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Chocolate Pudding	