

Important Policy

* Be home between 11 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 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.



January 2020 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 Happy New Year! Feed More is closed for the holiday. Shelf-stable meal will be delivered on Monday, December 30.	2 Turkey Divan Brown Rice Seasonal Vegetables New Year's Dessert Whole Wheat Roll	3 Pork w/ Apples & Cranberries Baked Sweet Potatoes California Blend Vegetables Pumpkin Crumble Whole Wheat Roll
6 Pinto Beans with Smoked Turkey Seasoned Broccoli Cinnamon Baked Apples Whole Wheat Roll	7 Baked Fish w/ Citrus Sauce Butternut Squash and Pears Roasted Cauliflower Fresh Fruit Whole Wheat Roll	8 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Corn Bread	9 'Unstuffed' Cabbage Seasoned Asparagus Side Salad with Dressing Garlic Bread	10 Roast Turkey w/ Gravy Smashed Potatoes, Parsnips & Rutabega Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll
13 Whole Wheat Lasagna Roll-Ups with Marinara Seasoned Greens Fruit Cocktail Whole Wheat Roll	14 Enchilada Casserole Spanish Rice Seasonal Vegetable Mandarin Oranges Whole Wheat Roll	15 Salmon Teriyake Cake Herbed Farro (wheat berries) Oriental Blend Vegetables Pineapple Chunks Millet Muffin	16 Pulled BBQ Pork Seasoned Green Beans Baked Beans Creamy Cole Slaw Whole Wheat Roll	17 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll
20 Martin Luther King Day Closed for Holiday Shelf Stable Meal Delivered on Thursday 1/16	21 Marinated Pork Tenderloin Acorn Squash Spinach Souffle Cinnamon Applesauce Whole Wheat Roll	22 Roast Turkey w/ Gravy Herbed Bread Stuffing Parsley Buttered Carrots Fresh Fruit Whole Wheat Roll	23 Pot Roast with Gravy Roasted Glazed Root Veggies Baked Tomato Half Sliced Peaches Custard Bread Pudding	24 COLD PLATE Chef Salad w/ Dressing Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers
27 Baked Fish with Dill Sauce Herbed Barley Pilaf Peas and Carrots Sliced Pears Whole Wheat Roll	28 Whole Wheat Ravioli with Meat Sauce Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	29 Scalloped Potato & Hamburger Italian Mixed Vegetables Seasoned Beets Fresh Fruit Whole Wheat Roll	30 Turkey Divan Brown Rice Seasonal Vegetables Peach Slices Whole Wheat Roll	31 Pork w/ Apples & Cranberries Baked Sweet Potatoes California Blend Vegetables Pumpkin Pudding 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.

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 Feed More's Meals on Wheels is open for meal delivery.



January 2020 Second Meal Menu

Approved by Juliane Steenkamer, M.S.,R.D.

Feed More's Meals on Wheels (804) 673-5035

		WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year! Closed for Holiday Shelf stable meal will be delivered on Monday, December 30th	2 Chicken Salad Sandwich Garden Pasta Salad with Feta Fresh Fruit	3 Turkey and Cheese Sandwich Black Eyed Pea Salad Vanilla Wafers
6 Grilled Chicken Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits	7 Steak and Veggie Sandwich Sweet and Sour Cole Slaw Fresh Fruit	8 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches	9 Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Chocolate Pudding	10 Swiss Cheese Sandwich Chickpea, Radish & Cucumber Salad Fruit Cocktail
13 Tuna Salad Sandwich Black Eyed Pea Salad Grapes	14 Peanut Butter and Jelly Sandwich 3 Bean Salad Sliced Peaches	15 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat	16 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler	17 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding
20 Martin Luther King Day Closed for Holiday Shelf Stable Meal Delivered on Thursday 1/16	21 Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits	22 Tuna Salad Broccoli Slaw Fruited Gelatin Salad	23 Cranberry Turkey Salad Sandwich Creole Corn Salad Graham Crackers	24 Roast Beef w/ Dill Cream Cheese Sandwich Carrot Raisin Salad Fresh Fruit
27 Peanut Butter & Jelly Sandwich 3 Bean Salad Tropical Fruit Salad	28 Egg Salad Sandwich Green Pea Salad Fruit Ambrosia	29 Provolone w/ Grilled Vegetables Sandwich Southern Macaroni Salad Fruited Gelatin Salad	30 Chicken Salad Sandwich Garden Pasta Salad with Feta Fresh Fruit	31 Turkey and Cheese Sandwich Black Eyed Pea Salad Vanilla Wafers