

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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May 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 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	2 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	3 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Side Salad w/ Dressing Whole Wheat Roll
6 Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Fresh Fruit Whole Wheat Roll	7 Baked Fish Florentine Herbed Lentils Baked Gingered Pears Vanilla Wafers Whole Wheat Roll	8 Creamy Mushrooms & Pork Mashed Red Skinned Potatoes Roasted Asparagus Fruited Gelatin Salad Whole Wheat Roll	9 Mac and Cheese Baked Tomato Half Steamed Broccoli Cinnamon Applesauce Whole Wheat Roll	10 COLD PLATE Chef Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers
13 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	14 Braised Balsamic Chicken Roasted Corn Seasoned Green Beans Fresh Fruit Whole Wheat Roll	15 Spanish Pork Chop Egg Noodles Peach-Blueberry Crumble Side Salad w/ Dressing Whole Wheat Roll	16 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll	17 Baked Fish w/ Citrus Sauce Wild Rice Pilaf Parslied Buttered Carrots Fruit Cocktail Whole Wheat Roll
20 Baked Honey Lemon Chicken Succotash Seasoned Cauliflower Pineapple Macaroon Crisp Whole Wheat Roll	21 Roast Turkey w/ Gravy Cornbread Stuffing Seasonal Vegetable Fresh Fruit Whole Wheat Roll	22 Salmon Teriyake Cake Brown Rice Broccoli Oriental Butterscotch Pudding Whole Wheat Roll	23 Cold Plate Cranberry Turkey Salad 3 Bean Salad Sliced Pears Dessert Surprise Whole Wheat Crackers	24 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Mandarin Oranges Garlic Bread
27 Memorial Day Closed for Holiday Shelf Stable Meal Delivered on Thursday 5/23	28 Holiday Meal Turkey Sausage with Peppers and Onions Gourmet Brussels Sprouts Dessert Surprise and Fresh Fruit Whole Wheat Roll	29 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	30 Ravioli with Marinara Sauce Italian Blend Vegetables Fresh Fruit Ginger Snaps Whole Wheat Roll	31 Baked Fish w/ Lemon Butter Steamed Broccoli Brown Rice Side Salad w/ Dressing Peach Cinnamon Muffin

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 t Promise Spread. 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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May 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 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat	2 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler	3 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding
6 Sundried Tomato and Cheese Sandwich Marinated Broccoli Salad Sliced Pears	7 Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits	8 Cranberry Turkey Salad Sandwich Summer Succotash Salad Sliced Peaches	9 Tuna Salad Sandwich Broccoli Slaw Fruited Gelatin Salad	10 Roast Beef w/ Cucumber Dill & Cream Cheese Sandwich Carrot Raisin Salad Fresh Fruit
13 Peanut Butter & Jelly Sandwich 3 Bean Salad Tropical Fruit Salad	14 Egg Salad Sandwich Green Pea Salad Fruit Ambrosia	15 Provolone w/ Grilled Veggie Sandwich Southern Macaroni Salad Fruited Gelatin Salad	16 Chicken Salad Sandwich Garden Pasta Salad with Feta Fresh Fruit	17 Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers
20 Baked Chicken Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits	21 Steak and Veggie Sandwich Sweet and Sour Coleslaw Fresh Fruit	22 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches	23 Swiss Cheese Sandwich Chickpea and Tomato Salad Fruit Cocktail	24 Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Graham Crackers
27 Memorial Day Closed for Holiday Shelf Stable Meal Delivered on Thursday 5/23	28 Peanut Butter and Jelly Sandwich Summer Macaroni Salad Sliced Peaches	29 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat	30 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler	31 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding