

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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November 2018 Main Meal Menu

Approved by Juliane Steenkamer, M.S.,R.D.
FeedMore's Meals on Wheels (804) 673-5035

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	2 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Pumpkin Pudding Whole Wheat Roll
5 Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples Graham Crackers Whole Wheat Roll	6 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Tropical Fruit Salad Whole Wheat Roll	7 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Ginger Snaps Whole Wheat Roll	8 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Fresh Fruit Garlic Bread	9 Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll
12 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	13 Baked Chicken and Vegetable Parmesan Whole Wheat Orzo Mandarin Oranges Whole Wheat Roll	14 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	15 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	16 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll
19 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll	20 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Souffle Cinnamon Applesauce Whole Wheat Roll	21 Roast Turkey w/ Gravy Herbed Stuffing Green Beans Almandine Cranberry Sauce Sweet Potato Pie	22 HAPPY THANKSGIVING! Closed for Thanksgiving Holiday shelf-stable meal delivered on Monday 11/19	23 Closed for Thanksgiving Holiday Turkey Divan meal delivered on Wednesday 11/21
26 Pork Tenderloin with Balsamic-Cranberry Glaze Herbed Lentils Roasted Cauliflower Corn Bread	27 Garden Penne Bake Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	28 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Fresh Fruit Whole Wheat Roll	29 Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	30 Baked Fish w/ Citrus Sauce Wild Rice Pilaf 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 FeedMore's Meals on Wheels is open for delivery.



November 2018 Second Meal Menu

Approved by Juliane Steenkamer, M.S, R.D.
FeedMore's Meals on Wheels (804) 673-5035

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY THANKSGIVING!</p>			<p>1 Chicken Salad Sandwich Sandwich Garden Pasta Salad with Feta Fresh Fruit</p>	<p>2 Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers</p>
<p>5 Grilled Chicken Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits</p>	<p>6 Steak and Veggie Sandwich Sweet and Sour Cole Slaw Fresh Fruit</p>	<p>7 Sliced Turkey Cheese Sandwich Greek Salad Sliced Peaches</p>	<p>8 Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Chocolate Pudding</p>	<p>9 Swiss Cheese Sandwich Chickpea and Tomato Salad Fruit Cocktail</p>
<p>12 Tuna Salad Sandwich Summer Crunch Salad Grapes</p>	<p>13 Peanut Butter and Jelly Sandwich Summer Macaroni Salad Sliced Peaches</p>	<p>14 Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat</p>	<p>15 Swiss Cheese Sandwich Ranch Slaw Apple Cobbler</p>	<p>16 Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding</p>
<p>19 Cranberry Turkey Salad Sandwich Summer Succotash Salad Sliced Pears</p>	<p>20 Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits</p>	<p>21 Sundried Tomato and Cheese Sandwich Marinated Broccoli Salad Sliced Pears</p>	<p>22 HAPPY THANKSGIVING! Closed for Thanksgiving Holiday shelf-stable meal delivered on Monday 11/19</p>	<p>23 Closed for Thanksgiving Holiday Roast Beef Sandwich delivered on Wednesday 11/21</p>
<p>26 Peanut Butter and Jelly Sandwich 3 Bean Salad Tropical Fruit Treat</p>	<p>27 Egg Salad Sandwich Green Pea Salad Fruit Ambrosia</p>	<p>28 Provolone w/ Grilled Veggie Sandwich Southern Macaroni Salad Fruited Gelatin Salad</p>	<p>29 Chicken Salad Sandwich Sandwich Garden Pasta Salad with Feta Fresh Fruit</p>	<p>30 Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers</p>