

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.



August 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 Cold Plate Egg Salad with Radish and Dill Cauliflower Salad Vegetable Vinaigrette Salad Tapioca Pudding Whole Wheat Crackers	2 Turkey Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll	3 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Fruit Cocktail Whole Wheat Roll
6 Shepherd's Pie Seasonal Vegetable Cinnamon Baked Apples Graham Crackers Whole Wheat Roll	7 Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll	8 Salmon Teriyaki Cake Brown Rice Oriental Vegetables Fresh Fruit Whole Wheat Roll	9 Baked Penne w/ Squash Tomato and Basil Sautéed Greens w/ Olive Oil Mandarin Oranges Garlic Bread	10 Cold Plate Cranberry Turkey Salad with Almonds on Lettuce 3 Bean Salad Sliced Pears Fruit Jubilee/WW Crackers
13 Chicken Pot Pie with Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	14 Roast Pork with Apples Herbed Barley Pilaf Steamed Red Cabbage Vanilla Pudding Whole Wheat Roll	15 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	16 Cold Plate Tuna Salad on Lettuce Summer Squash Salad Tropical Fruit Salad Ginger Snaps Whole Wheat Crackers	17 Egg and Bread Casserole Roasted Asparagus Fresh Fruit Peach Cinnamon Muffin
20 Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Fresh Fruit Whole Wheat Roll	21 Baked Cod w/ Veggie Relish Herbed Lentils Seasoned Greens Vanilla Wafers Fruited Gelatin Salad	22 Mac and Cheese Baked Tomato Half Steamed Broccoli Cinnamon Applesauce Whole Wheat Roll	23 Parmesan Crusted Chicken Smashed Root Vegetables Italian Blend Vegetables Pineapple Tidbits Whole Wheat Roll	24 Cold Plate Chef Salad w/ Dressing Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers
27 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	28 Honey Mustard Chicken Broccoli Lemon and Parmesan Louisiana Green Beans Fresh Fruit Whole Wheat Roll	29 Cold Plate Egg Salad with Radish and Dill Cauliflower Salad Vegetable Vinaigrette Salad Tapioca Pudding Whole Wheat Crackers	30 Turkey Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll	31 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Fruit Cocktail 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.