

**\*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
		<b>1 Cold Plate</b> Egg Salad with Radish and Dill Cauliflower Salad Vegetable Vinaigrette Salad Tapioca Pudding Whole Wheat Crackers	<b>2</b> Turkey Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll	<b>3</b> Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Fruit Cocktail Whole Wheat Roll
<b>6</b> Shepherd's Pie Seasonal Vegetable Cinnamon Baked Apples Graham Crackers Whole Wheat Roll	<b>7</b> Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll	<b>8</b> Salmon Teriyaki Cake Brown Rice Oriental Vegetables Fresh Fruit Whole Wheat Roll	<b>9</b> Baked Penne w/ Squash Tomato and Basil Sautéed Greens w/ Olive Oil Mandarin Oranges Garlic Bread	<b>10 Cold Plate</b> Cranberry Turkey Salad with Almonds on Lettuce 3 Bean Salad Sliced Pears Fruit Jubilee/WW Crackers
<b>13</b> Chicken Pot Pie with Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	<b>14</b> Roast Pork with Apples Herbed Barley Pilaf Steamed Red Cabbage Vanilla Pudding Whole Wheat Roll	<b>15</b> Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	<b>16 Cold Plate</b> Tuna Salad on Lettuce Summer Squash Salad Tropical Fruit Salad Ginger Snaps Whole Wheat Crackers	<b>17</b> Egg and Bread Casserole Roasted Asparagus Fresh Fruit Peach Cinnamon Muffin
<b>20</b> Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Fresh Fruit Whole Wheat Roll	<b>21</b> Baked Cod w/ Veggie Relish Herbed Lentils Seasoned Greens Vanilla Wafers Fruited Gelatin Salad	<b>22</b> Mac and Cheese Baked Tomato Half Steamed Broccoli Cinnamon Applesauce Whole Wheat Roll	<b>23</b> Parmesan Crusted Chicken Smashed Root Vegetables Italian Blend Vegetables Pineapple Tidbits Whole Wheat Roll	<b>24 Cold Plate</b> Chef Salad w/ Dressing Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers
<b>27</b> Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	<b>28</b> Honey Mustard Chicken Broccoli Lemon and Parmesan Louisiana Green Beans Fresh Fruit Whole Wheat Roll	<b>29 Cold Plate</b> Egg Salad with Radish and Dill Cauliflower Salad Vegetable Vinaigrette Salad Tapioca Pudding Whole Wheat Crackers	<b>30</b> Turkey Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Sliced Peaches Whole Wheat Roll	<b>31</b> 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.