

**\*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.



**June 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
				<p><b>1 No MOW Delivery Today!</b>  <b>Meals for today and weekend will be delivered on 5/31</b>                      Chef's Choice                      Mandarin Oranges                      Whole Wheat Roll</p>
<p><b>4</b>                      Pulled BBQ Pork                      Seasoned Greens                      Baked Beans                      Creamy Cole Slaw                      Whole Wheat Roll</p>	<p><b>5</b>                      Honey Mustard Chicken                      Broccoli Lemon and Parmesan                      Louisiana Green Beans                      Fresh Fruit                      Whole Wheat Roll</p>	<p><b>6 Cold Plate</b>                      Egg Salad with Radish and Dill                      Cauliflower Salad                      Vegetable Vinaigrette Salad                      Tapioca Pudding                      Whole Wheat Crackers</p>	<p><b>7</b>                      Turkey Meatloaf w/ Gravy                      Mashed Potato and Cauliflower                      Seasoned Beets                      Sliced Peaches                      Whole Wheat Roll</p>	<p><b>8</b>                      Baked Fish w/ Citrus Sauce                      Wild Rice Pilaf                      California Blend Vegetables                      Fruit Cocktail                      Whole Wheat Roll</p>
<p><b>11</b>                      Shepherd's Pie                      Seasonal Vegetable                      Cinnamon Baked Apples                      Graham Crackers                      Whole Wheat Roll</p>	<p><b>12</b>                      Spanish Pork Chop                      Egg Noodles                      Seasoned Broccoli                      Tropical Fruit Treat                      Whole Wheat Roll</p>	<p><b>13</b>                      Salmon Teriyaki Cake                      Brown Rice                      Oriental Vegetables                      Fresh Fruit                      Whole Wheat Roll</p>	<p><b>14</b>                      Baked Penne w/ Squash                      Tomato and Basil                      Sautéed Greens w/ Olive Oil                      Mandarin Oranges                      Garlic Bread</p>	<p><b>15 Cold Plate</b>                      Cranberry Turkey Salad                      with Almonds on Lettuce                      3 Bean Salad                      Sliced Pears                      Fruit Jubilee/WW Crackers</p>
<p><b>18</b>                      Chicken Pot Pie                      with Biscuit Topping                      Seasoned Green Beans                      Peach Crisp                      Whole Wheat Roll</p>	<p><b>19</b>                      Roast Pork with Apples                      Herbed Barley Pilaf                      Stemed Red Cabbage                      Vanilla Pudding                      Whole Wheat Roll</p>	<p><b>20</b>                      Hamburger Steak w/ Onion Gravy                      Roasted Potatoes                      Seasonal Vegetable                      Fruit Cocktail                      Whole Wheat Roll</p>	<p><b>21 Cold Plate</b>                      Tuna Salad on Lettuce                      Summer Squash Salad                      Tropical Fruit Salad                      Ginger Snaps                      Whole Wheat Crackers</p>	<p><b>22</b>                      Featherbed Egg Strata                      Roasted Asparagus                      Fresh Fruit                      Peach Cinnamon Muffin</p>
<p><b>25</b>                      Roast Turkey w/ Gravy                      Herbed Bread Stuffing                      Cranberry Glazed Carrots                      Fresh Fruit                      Whole Wheat Roll</p>	<p><b>26</b>                      Baked Cod w/ Veggie Relish                      Herbed Lentils                      Seasoned Greens                      Vanilla Wafers                      Fruited Gelatin Salad</p>	<p><b>27</b>                      Mac and Cheese                      Baked Tomato Half                      Steamed Broccoli                      Cinnamon Applesauce                      Whole Wheat Roll</p>	<p><b>28</b>                      Parmesan Crusted Chicken                      Smashed Root Vegetables                      Italian Blend Vegetables                      Pineapple Tidbits                      Whole Wheat Roll</p>	<p><b>29 Cold Plate</b>                      Chef Salad w/ Dressing                      Sweet Potato Salad                      Mandarin Oranges                      Whole Wheat Crackers</p>

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.**



## June 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><b>1</b> <u>No MOW Delivery Today!</u> <b>Meals for today and weekend will be delivered on 5/31</b> Tuna, Crackers &amp; Mayo Canned Fruits Granola Bar</p>
<p><b>4</b> Peanut Butter and Jelly Sandwich 3 Bean Salad Tropical Fruit Treat</p>	<p><b>5</b> Salmon Salad Sandwich Green Pea Salad Fruit Ambrosia</p>	<p><b>6</b> Provolone w/ Grilled Veggie Sandwich Southern Macaroni Salad Fruited Gelatin Salad</p>	<p><b>7</b> Sliced Roast Beef Sandwich Garden Pasta Salad with Feta Fresh Fruit</p>	<p><b>8</b> Turkey and Cheese Sandwich Summer Crunch Salad Vanilla Wafers</p>
<p><b>11</b> Turkey Pastrami on Rye Sandwich Potato Salad with Blue Cheese Dressing Pineapple Tidbits</p>	<p><b>12</b> Cheese Steak Style Sandwich Creamy Cole Slaw Fresh Fruit</p>	<p><b>13</b> Sliced Roast Beef with Cheese Sandwich Greek Salad Sliced Peaches</p>	<p><b>14</b> Tuna Salad Sandwich Broccoli/Cauliflower and Celery Salad Chocolate Pudding</p>	<p><b>15</b> Swiss Cheese Sandwich Lentil and Tomato Salad Fruit Cocktail</p>
<p><b>18</b> Sliced Roast Beef w/ Horseradish Sauce Sandwich Summer Crunch Salad Grapes</p>	<p><b>19</b> Peanut Butter and Jelly Sandwich Summer Macaroni Salad Sliced Peaches</p>	<p><b>20</b> Egg Salad with Bacon Sandwich Pickled Beets Tropical Fruit Treat</p>	<p><b>21</b> Swiss Cheese Sandwich Ranch Slaw Apple Cobbler</p>	<p><b>22</b> Turkey Pastrami on Rye Sandwich Tomato and Cucumber Salad Butterscotch Pudding</p>
<p><b>25</b> Sliced Roast Beef w/ Horseradish Sauce Sandwich Marinated Broccoli Salad Sliced Pears</p>	<p><b>26</b> Chicken Salad Sandwich Old Fashioned Potato Salad Pineapple Tidbits</p>	<p><b>27</b> Cranberry Turkey Salad Sandwich Summer Succotash Salad Sliced Pears</p>	<p><b>28</b> Tuna Salad Sandwich Broccoli Slaw Fruited Gelatin Salad</p>	<p><b>29</b> Roast Beef w/ Cucumber Dill &amp; Cream Cheese Sandwich Carrot Raisin Salad Fresh Fruit</p>