

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



September 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
3 Labor Day! No Delivery Today Shelf Stable Meal Will Be Delivered On Thursday, August 30th	4 Baked Chicken Caprese Roasted Peaches w/ Balsamic Glaze; Green Beans New Orleans Style Slaw Whole Wheat Roll	5 Salmon Teriyaki Cake Brown Rice Oriental Vegetables Fresh Fruit Whole Wheat Roll	6 Baked Penne w/ Squash Tomato and Basil Southern Collard Greens Mandarin Oranges Garlic Bread	7 Cold Plate Cranberry Turkey Salad with Almonds on Lettuce 3 Bean Salad Sliced Pears Fruit Jubalee/WW Crackers
10 Chicken Pot Pie with Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	11 Roast Pork with Apples Herbed Barley Pilaf California Blend Vegetables Vanilla Pudding Whole Wheat Roll	12 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	13 Cold Plate Tuna Salad on Lettuce Summer Squash Salad Tropical Fruit Salad Ginger Snaps Whole Wheat Crackers	14 Egg and Bread Casserole Roasted Asparagus Fresh Fruit Peach Cinnamon Muffin
17 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Fruit Cocktail Whole Wheat Roll	18 Baked Chicken and Vegetable Parmesan Whole Wheat Orzo Mandarin Oranges Whole Wheat Roll	19 Baked Lemon Fish Barley Pilaf Peas and Carrots Pineapple Chunks Whole Wheat Roll	20 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll	21 Italian Meatloaf Mashed Potato and Cauliflower Seasoned Beets Fresh Fruit Whole Wheat Roll
24 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Fruited Gelatin Salad Whole Wheat Roll	25 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Souffle Cinnamon Applesauce Whole Wheat Roll	26 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Custard Bread Pudding	27 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Vanilla Pudding Whole Wheat Roll	28 Turkey Divan Brown Rice Seasonal Vegetable Peach Slices 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.