

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.



October 2020 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 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Whole Wheat Roll	2 Baked Fish w/ Citrus Sauce Okra Bites Parslied Buttered Carrots Whole Wheat Roll
5 Baked Honey Lemon Chicken Hominy Cheesy Grits Seasoned Zucchini Whole Wheat Roll	6 Roast Turkey w/ Gravy Seasonal Vegetable Roasted Potatoes Whole Wheat Roll	7 Salmon Burger Brown Rice Broccoli Oriental Whole Wheat Roll	8 Cranberry Turkey Salad 3 Bean Salad Sliced Pears Whole Wheat Crackers	9 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Whole Wheat Roll
12 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	13 Roast Pork with Apples Summer Squash & Tomato Bake Braised Red Cabbage Whole Wheat Roll	14 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll	15 Lasagna Roll with Marinara Italian Blend Vegetables Ginger Snaps Whole Wheat Roll	16 Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Tumeric & Apple Side Salad w/ Dressing Whole Wheat Roll
19 Roast Turkey w/ Gravy Corn & Butternut Squash Pudding Cranberry Glazed Carrots Whole Wheat Roll	20 Baked Fish w/ Tomato & Pepper Sauce Barley Pilaf/Gingered Pears Whole Wheat Roll	21 Creamy Mushrooms and Pork Mashed Red Skinned Potatoes Roasted Asparagus Cherry and Pear Compote Whole Wheat Roll	22 Mac and Cheese Stewed Tomatoes Steamed Broccoli Cinnamon Applesauce Whole Wheat Roll	23 Chef Salad Sweet Potato Salad Whole Wheat Crackers
26 NC Style Pulled Pork Seasoned Greens Baked Beans Whole Wheat Roll	27 Roast Chicken w/ Fennel and Peaches Corn/Seasonal Vegetable Whole Wheat Roll	28 Spanish Pork Chop Egg Noodles Peach and Blueberry Crumble Whole Wheat Roll	29 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Whole Wheat Roll	30 Baked Fish w/ Citrus Sauce Okra Bites Parslied Buttered Carrots Whole Wheat Roll

Due to COVID-19 Meals are made fresh then frozen and come with 100% fruit juice and non-fat dry milk. Items that cannot be frozen will be substituted