



October 2018 Lunch Menu

Approved by Juliane Steenkamer, M.S.,R.D.
 FeedMore's Meals on Wheels (804) 673-5035

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Tenderloin with Balsamic-Cranberry Glaze Herbed Lentils Roasted Cauliflower Whole Wheat Roll (2)	2 Garden Penne Bake Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	3 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Whole Wheat Roll	4 Baked Breaded Chicken Succotash Seasonal Vegetable Whole Wheat Roll (2)	5 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Diced Peaches Whole Wheat Roll
8 Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples Whole Wheat Roll (2)	9 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus Whole Wheat Roll (2)	10 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	11 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Diced Pears Garlic Bread	12 Spanish Pork Chop Egg Noodles Seasoned Broccoli Fruit Cocktail Whole Wheat Roll
15 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Whole Wheat Roll	16 Baked Chicken and Veg Parm Whole Wheat Penne Seasoned green Beans Mandarin Oranges Whole Wheat Roll	17 Baked Lemon Fish Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Millet Muffin	18 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Rol (2) or Bun	19 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Diced Peaches Whole Wheat Roll
22 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots Whole Wheat Roll (2)	23 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Souffle Whole Wheat Roll (2)	24 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables Whole Wheat Roll (2)	25 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes Whole Wheat Roll (2)	26 Turkey Divan Brown Rice Seasonal Vegetable Peach Slices Whole Wheat Roll
29 Pork Tenderloin with Balsamic-Cranberry Glaze Herbed Lentils Roasted Cauliflower Whole Wheat Roll (2)	30 Garden Penne Bake Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	31 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomatoes Whole Wheat Roll	1 Baked Breaded Chicken Succotash Seasonal Vegetable Whole Wheat Roll (2)	2 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Diced Peaches Whole Wheat Roll

Meal includes 1% milk. Fruits are unsweetened. Bread includes 1 pat of butter. Menu is subject to change.