



April 2018 Lunch Menu

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Egg, Bacon & Swiss Casserole Oven Roasted Potatoes Seasoned Zucchini Whole Wheat Roll (2)	3	Polynesian Chicken Rice and Mushrooms Steamed Broccoli Pineapple Tidbits Whole Wheat Roll	4	Mac and Cheese Stewed Tomatoes and Okra Roasted Brussels Sprouts Whole Wheat Roll	5	Pot Roast with Gravy Mashed Potato and Cauliflower Stewed Tomatoes Whole Wheat Roll (2)	6	COLD Tuna Salad on Lettuce Summer Squash Salad Tropical Fruit Salad Whole Wheat Crackers (8)
9	Roast Turkey with Gravy Cornbread Dressing Cranberry Glazed Carrots Sliced Peaches Whole Wheat Roll	10	Roast Pork Normandy Oven Browned Sweet Potatoes Seasoned Asparagus Whole Wheat Roll (2)	11	COLD Egg Salad Cauliflower Salad Vegetable Vinaigrette Salad Whole Wheat Crackers (8)	12	Baked Breaded Chicken Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	13	Salisbury Steak w/ Onion Gravy Spinach Souffle Egg Noodles Mandarin Oranges Whole Wheat Roll
16	Rosemary Chicken Rice and Lentil Stuffing Seasonal Vegetable Cherries and Pear Compote Whole Wheat Roll	17	Pulled BBQ Pork Seasoned Greens Spiced Peaches Creamy Cole Slaw Whole Wheat Roll (2)	18	Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Sunshine Carrots Whole Wheat Roll (2)	19	Mediterranean Fish Roasted Root Vegetables Sicillian Style Vegetables Whole Wheat Roll (2)	20	COLD Chicken Salad on Lettuce 3 Bean Salad Sliced Pears Whole Wheat Crackers (8)
23	Marinated Pork Tenderloin Acorn Squash Roasted Asparagus Whole Wheat Roll (2)	24	Spanish Fish Black Beans Warm Winter Fruit Salad Whole Wheat Roll (2)	25	Salmon Teriyaki Cake Garden Brown Rice Oriental Vegetables Pineapple Tidbits Whole Wheat Roll	26	COLD Creamy Turkey Salad Sweet Potato Salad Fruit Cocktail Whole Wheat Crackers (8)	27	Bowtie Bake w/ Meat Sauce Roasted Brussels Sprouts Sliced Peaches Garlic Bread
30	Egg, Bacon & Swiss Casserole Oven Roasted Potatoes Seasoned Zucchini Whole Wheat Roll (2)								

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

All menus and food preparation are according to USDA guidelines for CACFP