



July 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 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Wheat Roll (2) or Bun	3 Special Holiday Meal Oven Fried Chicken Scalloped Potatoes Herbed Carrots Red, White & Blue Dessert Whole Wheat Roll (2)	4 Independence Day!	5 Turkey Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Whole Wheat Roll (2)	6 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Fruit Cocktail Whole Wheat Roll
9 Shepherd's Pie Seasonal Vegetable Cinnamon Baked Apples Whole Wheat Roll (2)	10 Spanish Pork Chop Egg Noodles Seasoned Broccoli Tropical Fruit Treat Whole Wheat Roll	11 Salmon Teriyaki Cake Brown Rice Oriental Vegetables Mandarin Oranges Whole Wheat Roll	12 Baked Penne w/ Squash, Tomato, and Basil Sautéed Greens w/ Olive Oil Pineapple Tidbits Garlic Bread	13 Cold Plate Cranberry Turkey Salad with Almonds on Lettuce 3 Bean Salad Sliced Pears WW Crackers (8)
16 Chicken Pot Pie with Biscuit Topping Seasoned Green Beans Sliced Peaches Whole Wheat Roll	17 Roast Pork with Apples Herbed Barley Pilaf Steamed Red Cabbage Fruit Cocktail Whole Wheat Roll	18 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll (2)	19 Cold Plate Tuna Salad on Lettuce Summer Squash Salad Tropical Fruit Salad Whole Wheat Crackers (8)	20 Egg Casserole Roasted Asparagus Mandarin Oranges Peach Cinnamon Muffin Whole Wheat Roll
23 Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Diced Pears Whole Wheat Roll	24 Baked Cod w/ Veggie Relish Herbed Lentils Seasoned Greens Whole Wheat Roll (2)	25 Mac and Cheese Baked Tomato Half Steamed Broccoli Whole Wheat Roll	26 Oven Fried Parmesan Chicken Smashed Root Vegetables Italian Blend Vegetables Whole Wheat Roll (2)	27 Cold Plate Turkey Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers (8)
30 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Wheat Roll (2) or Bun	31 Honey Mustard Chicken Lemon and Parmesan Broccoli Louisiana Green Beans 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