



## February 2019 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Spanish Pork Chop Egg Noodles Seasoned Broccoli Fruit Cocktail Whole Wheat Roll
4 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts  Whole Wheat Roll	5 Baked Chicken and Veg Parm Whole Wheat Penne Seasoned Green Beans Mandarin Oranges Whole Wheat Roll	6 Baked Lemon Fish Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Whole Wheat Roll	7 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Rol (2) or Bun	8 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets  Whole Wheat Roll
11 Roast Turkey w/ Gravy Chuckwagon Corn Cranberry Glazed Carrots  Whole Wheat Roll (2)	12 Marinated Pork Tenderloin Roasted Acorn Squash Spinach Souffle  Whole Wheat Roll (2)	13 Salmon Lentil Cake Stir Fried Cabbage Oriental Blend Vegetables  Whole Wheat Roll (2)	14 Pot Roast with Gravy Mashed Root Vegetables Stewed Tomatoes  Whole Wheat Roll (2)	15 Turkey Divan Brown Rice Seasonal Vegetable Peach Slices Whole Wheat Roll
18 PRESIDENT'S DAY!!!	19 Garden Penne Bake Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	20 Scalloped Potato and Hamburger Italian Mixed Vegetables Creole Tomates  Whole Wheat Roll	21 Baked Breaded Chicken Succotash Seasonal Vegetable  Whole Wheat Roll (2)	22 Baked Fish w/ Citrus Sauce Wild Rice Pilaf California Blend Vegetables Diced Peaches Whole Wheat Roll
25 Shepherd's Pie Seasoned Green Beans Cinnamon Baked Apples  Whole Wheat Roll (2)	26 Rosemary Fish Whipped Sweet Potatoes Roasted Asparagus  Whole Wheat Roll (2)	27 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad  Whole Wheat Roll	28 Whole Wheat Pasta with Meat Sauce Spinach with Olive Oil Diced Pears Garlic Bread	

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