



## May 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 Baked Lemon Fish Over Herbed Barley Pilaf Peas and Carrots Pineapple Chunks Whole Wheat Roll	2 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll (2)	3 Italian Meatloaf w/ Gravy Mashed Potato and Cauliflower Seasoned Beets  Whole Wheat Roll (2)
6 Roast Turkey w/ Gravy Herbed Bread Stuffing Cranberry Glazed Carrots Diced Peaches Whole Wheat Roll	7 Baked Fish Florentine Herbed Lentils Baked Gingered Pears  Whole Wheat Roll (2)	8 Creamy Mushrooms & Pork Mashed Red Skinned Potatoes Roasted Asparagus  Whole Wheat Roll (2)	9 Mac and Cheese Baked Tomato Half Steamed Broccoli  Whole Wheat Roll	10 <b>COLD PLATE</b> Creamy Turkey Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers (8)
13 Pulled BBQ Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll (2)	14 Braised Balsamic Chicken Roasted Corn Seasoned Green Beans  Whole Wheat Roll (2)	15 Spanish Pork Chop Egg Noodles Carrot & Cucumber Salad Cinnamon Applesauce Whole Wheat Roll	16 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets  Whole Wheat Roll (2)	17 Baked Fish w/ Citrus Sauce Wild Rice Pilaf Parslied Buttered Carrots Fruit Cocktail Whole Wheat Roll
20 Baked Honey Lemon Chicken Succotash Seasoned Cauliflower  Whole Wheat Roll (2)	21 Roast Turkey w/ Gravy Cornbread Stuffing Seasonal Vegetable Diced Peaches Whole Wheat Roll	22 Salmon Teriyake Cake Brown Rice Broccoli Oriental Diced Pears Whole Wheat Roll	23 <b>Cold Plate</b> Cranberry Turkey Salad 3 Bean Salad Sliced Pears  Whole Wheat Crackers (8)	24 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Mandarin Oranges Garlic Bread
27 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Peach Peaches Whole Wheat Roll	28 Roast Pork with Apples Summer Squash Soufflé Steamed Red Cabbage  Whole Wheat Roll (2)	29 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable  Whole Wheat Roll (2)	30 Ravioli with Meat sauce Italian Blend Vegetables Fruit Cocktail  Whole Wheat Roll	31 Baked Fish w/ Lemon Butter Steamed Broccoli Brown Rice Applesauce Peach Cinnamon Muffin

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