



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

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