



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			2 Turkey Divan (turkey, broccoli, rice, cheese, water chestnuts, white sauce) Brown Rice (Brown rice, salad oil, parsley) Seasonal Vegetable Peach Slices Whole Wheat Roll	3 Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries) Baked Sweet Potatoes California Blend Vegetable (broccoli, cauliflower, carrots) Whole Wheat Roll (2)
6 Pinto Beans with Smoked Turkey Seasoned Broccoli (no salt seasoning) Cinnamon Baked Apples Whole Wheat Roll (2)	7 Baked Fish w/ Citrus Sauce (fish, lemon butter) Butternut Squash with Pears (butternut squash, pears, rosemary, onions, butter) Roasted Cauliflower (cauliflower, margarine, Italian seasoning) Whole Wheat Roll (2)	8 Chicken and Dumplings (chicken, onions, carrots, celery, low sod soup base, flour, marg, milk and egg) Seasonal Vegetable Warm Winter Fruit Salad (pear, peach, applesauce, cranberries, cinnamon, lemon and orange juice) Whole Wheat Roll	9 Steve's Mini Loaf (ground beef, onions, egg, bread crumbs, seasoning) Seasoned Asparagus (no salt seasoning) Cabbage and Carrots Whole Wheat Roll (2)	10 Roast Turkey and Gravy (turkey, and gravy mix) Mashed Root Vegetables (potatoes, parsnips, rutabaga, low sod base) Cranberry Glazed Carrots (carrots, cranberry glaze) Whole Wheat Roll (2)
13 Whole Wheat Lasagna Koli Ups with Marinara Sauce (whole wheat pasta, ricotta, mozzarella, eggs, garlic, housemade marinara sauce) Seasoned Greens (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) Fruit Cocktail Whole Wheat Roll	14 Enchilada Casserole (flour tortillas, ground beef, enchilada sauce, corn, cheese) Spanish Rice (rice, green pepper, onion, tomatoes, garlic, cumin) Seasonal Vegetable Mandarin Oranges Whole Wheat Roll	15 Salmon Teriyaki Cake (salmon, flour, pineapple juice, soy sauce, garlic powder, ginger, honey, cornstarch) Herbed Farro (wheat berries, onion, spices, lemon juice, salt) Oriental Vegetable Blend (chicken base, cornstarch, soy sauce, sugar, carrots, celery, onions, snap peas, corn, mushrooms) Pineapple Chunks Whole Wheat Roll	16 Pulled BBQ Pork (pork, celery, onions, ketchup, dry mustard) Seasoned Green Beans (green beans no salt seasoning) Baked Beans (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions) Creamy Cole Slaw (cabbage, carrots, mayonnaise, sour cream) Whole Wheat Roll (2)	17 Italian Meatloaf (ground beef, brown sugar, vinegar, tomato sauce, mustard, egg, onions, bread crumbs, salt, pepper) Mashed Potatoes & Cauliflower (potatoes, chicken base, cauliflower, milk, sour cream, garlic powder, paprika, butter) Beets (no salt seasoning) Whole Wheat Roll (2)
20	21 Marinated Pork Tenderloin (low sod soy sauce, sesame oil, ginger, lemon, honey and garlic) Acorn Squash (cinnamon, nutmeg) Spinach Souffle (milk, egg, ched cheese, sour cream, nutmeg) Whole Wheat Roll (2)	22 Roast Turkey w/ Gravy (gravy mix- low sod) Herbed Bread Stuffing (bread cubes, onion, celery, low sod chix stock, marg, poultry seasoning) Parselied Buttered Carrots Mandarin Orange Whole Wheat Roll	23 Pot Roast w/ Gravy (Beef, Thyme, Pepper, Marjoram, Beef Base, Celery, Carrots, Onions) Roasted Root Vegetables (Potatoes, Onions, Parsnip, Rutabagas, Salt and Black Pepper) Green Beans Whole Wheat Roll (2)	24 Baked Breaded Chicken (Chicken breast, corn flakes crumbs, flour, paprika, poultry seasoning, brown sugar, soybean oil) Butter Beans (Lima Beans, base, black pepper) Season Vegetables (Mixed Vegetables, seasoning) Whole Wheat Roll (2)
27 Baked Fish w/ Dill Sauce (fish, mayo, parsley, dill, lemon and orange juice, mustard) Herbed Barely Pilaf (barley, herbs, onion, garlic lime juice) Peas and Carrots Sliced Pears Whole Wheat Roll	28 Whole Wheat Ravioli w/ Meatsauce (ww pasta, ricotta, mozzarella, onions, garlic, beef, tomato puree, sugar, tomato sauce, thyme, oregano, basil, salt, pepper, bay leaf, worcestershire sauce) Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	29 Scalloped Potato and Hamburger (beef, potato, onion, gravy mix, cheese) Italian Mixed Vegetables Seasoned Beets (no salt seasoning) Whole Wheat Roll (2)	30 Turkey Divan (turkey, broccoli, rice, cheese, water chestnuts, white sauce) Brown Rice (Brown rice, salad oil, parsley) Seasonal Vegetable Peach Slices Whole Wheat Roll	31 Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries) Baked Sweet Potatoes California Blend Vegetable (broccoli, cauliflower, carrots) Whole Wheat Roll (2)