



September 2020 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Roast Chicken w/ Fennel & Peaches Roasted Corn Seasonal Vegetable Whole Wheat Roll (2)	2 Spanish Pork Chop Egg Noodles Peach and Blueberry Crumble Carrot & Cucumber Salad Whole Wheat Roll	3 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Whole Wheat Roll (2)	4 Baked Fish w/ Citrus Sauce Okra Bites Parslied Buttered Carrots Whole Wheat Roll
7 LABOR DAY!!!!	8 Cheeseburger Lettuce & Tomato Roasted Potatoes Peach-Blueberry Cobbler Whole Wheat Hamburger Bun	9 Build-Your-Own Salmon Burger Brown Rice Broccoli Oriental Mandarin Oranges Hamburger Bun	10 Cranberry Turkey Salad 3 Bean Salad Sliced Pears Whole Wheat Crackers (8)	11 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Sliced Pears Garlic Bread
14 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	15 Roast Pork with Apples Summer Squash & Tomato Bake Braised Red Cabbage Whole Wheat Roll (2)	16 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll (2)	17 Lasagna Roll with Marinara Italian Blend Vegetables Fruit Cocktail Whole Wheat Roll	18 Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Tumeric & Apple Cinnamon Applesauce Whole Wheat Roll (2)
21 Roast Turkey w/ Gravy Corn & Butternut Squash Pudding Cranberry Glazed Carrots Whole Wheat Roll (2)	22 Baked Fish w/ Tomato & Pepper Sauce Barley Pilaf Chef's Choice Vegetable Gingered Pears Whole Wheat Roll	23 Creamy Mushrooms and Pork Mashed Red Skinned Potatoes Roasted Asparagus Whole Wheat Roll (2)	24 Mac and Cheese Stewed Tomatoes Steamed Broccoli Whole Wheat Roll	25 Chef Salad Sweet Potato Salad Mandarin Oranges Whole Wheat Crackers (8)
28 NC Style Pulled Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll (2)	29 Roast Chicken w/ Fennel & Peaches Roasted Corn Seasonal Vegetable Whole Wheat Roll (2)	30 Spanish Pork Chop Egg Noodles Peach and Blueberry Crumble Carrot & Cucumber Salad Whole Wheat Roll	Non-Discrimination Statement: In accordance with federal civil rights law and US Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies Offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.	

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