



October 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 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Whole Wheat Roll (2)	2 Baked Fish w/ Citrus Sauce Okra Bites Parslied Buttered Carrots Whole Wheat Roll
5 Baked Honey Lemon Chicken Hominy Cheesy Grits Seasoned Zucchini Whole Wheat Roll	6 Roast Turkey w/ Gravy Seasonal Vegetable Roasted Potatoes Whole Wheat Roll (2)	7 Build-Your-Own Salmon Burger Brown Rice Broccoli Oriental Mandarin Oranges Hamburger Bun	8 Roast Sirloin w/ Au Jus Glazed Root Vegetables Buttered Green Beans Whole Wheat Roll (2)	9 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Sliced Pears Garlic Bread
12 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Peach Crisp Whole Wheat Roll	13 Roast Pork with Apples Summer Squash & Tomato Bake Braised Red Cabbage Whole Wheat Roll (2)	14 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll (2)	15 Cheese Ravioli with Marinara Italian Blend Vegetables Fruit Cocktail Whole Wheat Roll	16 Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Tumeric & Apple Cinnamon Applesauce Whole Wheat Roll (2)
19 Roast Turkey w/ Gravy Corn & Butternut Squash Pudding Cranberry Glazed Carrots Whole Wheat Roll (2)	20 Baked Fish w/ Tomato & Pepper Sauce Barley Pilaf Chef's Choice Vegetable Gingered Pears Whole Wheat Roll	21 Creamy Mushrooms and Pork Mashed Red Skinned Potatoes Roasted Asparagus Whole Wheat Roll (2)	22 Mac and Cheese Stewed Tomatoes Steamed Broccoli Whole Wheat Roll	23 Roast Beef w/ Gravy Mashed Potato and Cauliflower Seasoned Beets Whole Wheat Roll (2)
26 NC Style Pulled Pork Seasoned Greens Baked Beans Creamy Cole Slaw Whole Wheat Roll (2)	27 Roast Chicken w/ Fennel & Peaches Roasted Corn Seasonal Vegetable Whole Wheat Roll (2)	28 Spanish Pork Chop Egg Noodles Peach and Blueberry Crumble Carrot & Cucumber Salad Whole Wheat Roll	29 Mildred's Meatloaf Mashed Pot and Cauliflower Seasoned Beets Whole Wheat Roll (2)	30 Baked Fish w/ Citrus Sauce Okra Bites Parslied Buttered Carrots Whole Wheat Roll

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

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