



November 2020 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Fish with Dill Sauce Peas and Carrots Sliced Pears Custard Bread Pudding Whole Wheat Roll	3 Baked Ziti Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	4 Scalloped Potato and Hamburger Italian Mixed Vegetables Seasoned Beets Whole Wheat Roll (2)	5 Cream of Turkey on Biscuit Seasoned Collards Spiced Peaches Whole Wheat Roll	6 Pork w/ Apples & Cranberries Baked Sweet Potatoes California Blend Vegetables Whole Wheat Roll (2)
9 Pinto Beans with Smoked Turkey Seasoned Broccoli Cinnamon Baked Apples Whole Wheat Roll (2)	10 Baked Fish w/ Citrus Sauce Butternut Squash and Pears Herbed Barley Pilaf Sliced Peaches Whole Wheat Roll	11 Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	12 'Unstuffed' Cabbage Roasted Cauliflower Butterscotch Apple Dessert Whole Wheat Roll (2)	13 Roast Turkey w/ Gravy Smashed Potatoes Green Bean Almandine Cornbread Whole Wheat Roll
16 Oriental Stir Fry w/ Chicken & Vegetables Brown Rice Pears w/ Apricot-Ginger Sauce Whole Wheat Roll (2)	17 Taco Casserole Spanish Rice Seasonal Vegetable Whole Wheat Roll (2)	18 Salmon Alfredo Seasoned Broccoli Cinnamon Applesauce Whole Wheat Roll	19 NC-Style BBQ Pork Seasoned Green Beans Sweet Potato Pudding Whole Wheat Roll (2)	20 Mildred's Meatloaf Mashed Potato and Cauliflower Seasoned Beets Whole Wheat Roll (2)
23 Mac and Cheese Stewed Tomato w/ Okra Roasted Brussels Sprouts Whole Wheat Roll	24 Apple Chicken Sausage w/ Peppers & Onions Roasted Acorn Squash Apple Cherry Compote Hot Dog Roll	25 Roast Turkey w/ Gravy Bread Stuffing Cranberry Glazed Carrots Sliced Peaches Whole Wheat Roll	26 CLOSED!!!!	27 CLOSED!!!
30 Baked Fish with Dill Sauce Peas and Carrots Sliced Pears Custard Bread Pudding 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.