

FEED MORE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries) Baked Sweet Potato California Blend Vegetable (broccoli, cauliflower, carrots) Whole Wheat Roll (2)
4 Pinto Beans with Smoked Turkey (turkey roll, tomatoes, pinto beans, onion, chili powder, cumin, garlic, cilantro, low sod veg base) Seasoned Broccoli Cinnamon Baked Apples Whole Wheat Roll (2)	5 Baked Fish w/ Citrus Sauce (fish, lemon butter) Butternut Squash with Pears (butternut squash, pears, rosemary, onions, butter) Herbed Barely Pilaf (barley, herbs, onion, garlic lime juice) Whole Wheat Roll	6 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	7 Chicken Cordon Bleu (chicken, ham, swiss cheese, bread crumbs, white sauce) Oven Roasted Potatoes Butternut Squash and Brussels Sprouts Whole Wheat Roll (2)	8 Roast Turkey and Gravy (low salt mix) Mashed Potatoes (milk, marg, salt) Green Beans Amandine (green beans, almonds, honey, lemon, marg) Cornbread Whole Wheat Roll
11 Oriental Stir Fry with Chicken and Vegetables (low sod soy sauce, sugar, ginger, garlic, onion, sesame oil, assorted vegetables) Brown Rice Pears w/ Apricot-Ginger Sauce (lemon juice, ginger, van extract, apricot preserves, pear juice) Whole Wheat Roll	12 Taco Casserole (ground turkey, green chiles, tomatoes, cheese, onion, taco seasoning, refried beans) Spanish Rice (rice, green pepper, onion, tomatoes, garlic, cumin) Seasonal Vegetable Whole Wheat Roll	13 Salmon Alfredo (salmon, pasta, oil/marg, flour, onions, low sod soup base, milk, seafood seasoning, breadcrumbs, cheese, parsley, paprika) Seasoned Broccoli Cinnamon Applesauce Whole Wheat Roll	14 Hoppin' John (smoked sausage, rice, black eyed peas, onions, peppers) Stewed Tomatoes (Tomatoes, flour, bread, sugar, pepper and margarine) Turnips and Greens Whole Wheat Roll (2)	15 Mildred's Meatloaf (br sugar, vinegar, tomato, mustard, egg, bread crumbs) Mashed Potatoes & Cauliflower (potatoes, chicken base, cauliflower, milk, sour cream, garlic powder, paprika, butter) Beets (no salt seasoning) Whole Wheat Roll (2)
18 Closed for MLK Day	19 Apple Chicken Sausage w/ Peppers/Onions Roasted Acorn Squash (cinnamon, nutmeg) Apple Cherry Compote (apples, cherry pie filling, applesauce) Hot Dog Roll	20 Roast Turkey w/ Gravy (lowsalt mix) Bread Stuffing (bread, margarine, onions, celery, poultry seasoning) Cranberry Glazed Carrots (cranberry scc, OJ, vinegar, rosemary) Sliced Peaches Whole Wheat Roll	21 Pot Roast (low sodium gravy base, flour, margarine) Buttered Peas and Onions Roasted Cauliflower Whole Wheat Roll (2)	22 Baked Fish with Broccoli Cheese Sauce BBQ Roasted Root Vegetables Pear Crumble Whole Wheat Roll (2)
25 Baked Fish w/ Dill Sauce (fish, mayo, parsley, dill, lemon and orange juice, mustard) Peas and Carrots Sliced Pears Custard Bread Pudding (bread, egg, sugar, vanilla extract, milk, cinnamon, nutmeg) Whole Wheat Roll	26 Baked Ziti (pasta, ricotta, cottage cheese, mozzarella, provolone, tomatoes, tomato sauce, carrots, onions, celery, green peppers, mushrooms, low sod beef base, Italian) Seasonal Vegetable Cinnamon Applesauce Whole Wheat Roll	27 Scalloped Potato and Hamburger (beef, potato, onion, gravy mix, cheese) Italian Mixed Vegetables Seasoned Beets (Beets, bay leaf, clove, comstarch) Whole Wheat Roll (2)	28 Cream of Turkey on Biscuit (onion, margarine, flour, milk, s & p) Seasoned Greens (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) Spiced Peaches (Cinnamon) Whole Wheat Roll	29 Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries) Baked Sweet Potato California Blend Vegetable (broccoli, cauliflower, carrots) Whole Wheat Roll (2)

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