



## February 2021 Lunch Menu

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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--|---|---|---|
| 1<br>Pinto Beans with<br>Smoked Turkey<br>Seasoned Broccoli<br>Cinnamon Baked Apples<br>Whole Wheat Roll (2)   | 2<br>Baked Fish w/ Citrus Sauce<br>Butternut Squash and Pears<br>Herbed Barley Pilaf<br>Diced Peaches<br>Blueberry Oatmeal-Lentil Muffin | 3<br>Chicken and Dumplings<br>Seasonal Vegetable<br>Warm Winter Fruit Salad<br><br>Whole Wheat Roll             | 4<br>"Unstuffed" Cabbage<br>Roasted Cauliflower<br>Butterscotch Apple Dessert<br><br>Whole Wheat Roll (2) | 5<br>Roast Turkey w/ Gravy<br>Smashed Root Vegetables<br>Parsley Buttered Carrots<br>Cornbread<br>Whole Wheat Roll    |
| 8<br>Oriental Stir Fry w/ Chicken<br>Brown Rice<br>Pears w/ Apricot-Ginger Sauce<br><br>Whole Wheat Roll       | 9<br>Taco Casserole<br>Spanish Rice<br>Seasonal Vegetable<br>Fruit Cocktail<br>Whole Wheat Roll  | 10<br>Salmon Alfredo<br>Seasoned Broccoli<br>Cinnamon Applesauce<br><br>Whole Wheat Roll                        | 11<br>NC-Style BBQ Pork<br>Seasoned Green Beans<br>Sweet Potato Pudding<br><br>Whole Wheat Roll (2)       | 12<br>Mildred's Meatloaf<br>Mashed Potato and Cauliflower<br>Seasoned Beets<br><br>Whole Wheat Roll (2)               |
| 15<br>CLOSED<br><br>President's Day  | 16<br>Apple Chicken Sausage w/ Peppers & Onions<br>Roasted Acorn Squash<br>Apple Cherry Compote<br><br>Whole Wheat Hot Dog Roll          | 17<br>Roast Turkey w/ Gravy<br>Bread Stuffing<br>Cranberry Glazed Carrots<br>Sliced Peaches<br>Whole Wheat Roll | 18<br>Pot Roast w/ Gravy<br>Buttered Peas & Onions<br>Roasted Cauliflower<br><br>Whole Wheat Roll (2)     | 19<br>Baked Fish w/ Broccoli Cheese Sca<br>BBQ Roasted Root Vegetables<br>Pear Crumble<br><br>Whole Wheat Roll (2)    |
| 22<br>Baked Fish with Dill Sauce<br>Peas and Carrots<br>Custard Bread Pudding<br>Pears<br>Whole Wheat Roll (2) | 23<br>Baked Ziti<br>Seasonal Vegetable<br>Cinnamon Applesauce<br><br>Whole Wheat Roll  | 25<br>Scalloped Potato and Hamburger<br>Italian Mixed Vegetables<br>Seasoned Beets<br><br>Whole Wheat Roll (2)  | 26<br>Cream of Turkey on Biscuit<br>Seasoned Collards<br>Spiced Peaches<br><br>Whole Wheat Roll           | 27<br>Pork w/ Apples & Cranberries<br>Baked Sweet Potatoes<br>California Blend Vegetables<br><br>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.