



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Mini Meatloaf with Cabbage/Carrots</b> (cabbage, gr beef, rice, carrots, garlic, onion, egg and tomato sauce) <b>Roasted Cauliflower</b> <b>Butterscotch Apple Dessert</b> (apples, brown sugar, margarine, flour, bread crumbs, salt) <b>Whole Wheat Roll (2)</b>	2 <b>Roast Turkey and Gravy</b> (low salt mix) <b>Mashed Potatoes</b> (milk, marg, salt) <b>Green Beans Amandine</b> (green beans, almonds, honey, lemon, marg) <b>Cornbread</b> <b>Whole Wheat Roll</b>
5 <b>Oriental Stir Fry with Chicken and Vegetables</b> (low sod soy sauce, sugar, ginger, garlic, onion, sesame oil, assorted vegetables) <b>Brown Rice</b> <b>Pears w/ Apricot-Ginger Sauce</b> (lemon juice, ginger, van extract, apricot preserves, pear juice) <b>Whole Wheat Roll</b>	6 <b>Taco Casserole</b> (ground turkey, green chilies, tomatoes, cheese, onion, taco seasoning, refried beans) <b>Spanish Rice</b> (rice, green pepper, onion, tomatoes, garlic, cumin) <b>Seasonal Vegetable</b> <b>Whole Wheat Roll</b>	7 <b>Salmon Alfredo</b> (salmon, pasta, oil/marg, flour, onions, low sod soup base, milk, seafood seasoning, breadcrumbs, cheese, parsley, paprika) <b>Seasoned Broccoli</b> <b>Cinnamon Applesauce</b> <b>Whole Wheat Roll</b>	8 <b>NC-Style Pulled Pork</b> (vinegar, liq smoke, onion, brown sugar, celery, mustard) <b>Seasoned Green Beans</b> (green beans no salt seasoning) <b>Sweet Potato Pudding</b> (sweet pot, margarine, br sugar, cinnamon, nutmeg, ginger, cloves, milk, egg) <b>Whole Wheat Roll (2)</b>	9 <b>Mildred's Meatloaf</b> (br sugar, vinegar, tomato, mustard, egg, bread crumbs) <b>Mashed Potatoes &amp; Cauliflower</b> (potatoes, chicken base, cauliflower, milk, sour cream, garlic powder, paprika, butter) <b>Beets</b> (no salt seasoning) <b>Whole Wheat Roll (2)</b>
12 <b>Mac and Cheese</b> (macaroni, milk, egg, white pepper, mustard, cheddar cheese, bread crumbs) <b>Stewed Tomato w/ Okra</b> (tomatoes, okra, bread, flour, sugar, pepper, margarine) <b>Roasted Brussels Sprouts</b> <b>Whole Wheat Roll</b>	13 <b>Apple Chicken Sausage w/ Peppers/Onions</b> <b>Roasted Acorn Squash</b> (cinnamon, nutmeg) <b>Apple Cherry Compote</b> (apples, cherry pie filling, applesauce) <b>Hot Dog Roll</b>	14 <b>Roast Turkey w/ Gravy</b> (low salt mix) <b>Bread Stuffing</b> (bread, margarine, onions, celery, poultry seasoning) <b>Cranberry Glazed Carrots</b> (cranberry sce, OJ, vinegar, rosemary) <b>Sliced Peaches</b> <b>Whole Wheat Roll</b>	15 <b>Pot Roast</b> (low sodium gravy base, flour, margarine) <b>Buttered Peas and Onions</b> <b>Roasted Cauliflower</b> <b>Whole Wheat Roll (2)</b>	16 <b>Baked Fish with Broccoli Cheese Sauce</b> <b>BBQ Roasted Root Vegetables</b> <b>Pear Crumble</b> <b>Whole Wheat Roll (2)</b>
19 <b>Baked Fish w/ Dill Sauce</b> (fish, mayo, parsley, dill, lemon and orange juice, mustard) <b>Peas and Carrots</b> <b>Sliced Pears</b> <b>Custard Bread Pudding</b> (bread, egg, sugar, vanilla extract, milk, cinnamon, nutmeg) <b>Whole Wheat Roll</b>	20 <b>Baked Ziti</b> (pasta, ricotta, cottage cheese, mozzarella, ovolone, tomatoes, tomato sauce, carrots, onions, celerv) <b>Seasonal Vegetable</b> <b>Cinnamon Applesauce</b> <b>Whole Wheat Roll</b>	21 <b>Scalloped Potato and Hamburger</b> (beef, potato, onion, gravy mix, cheese) <b>Italian Mixed Vegetables</b> <b>Seasoned Beets</b> (Beets, bay leaf, clove, cornstarch) <b>Whole Wheat Roll (2)</b>	22 <b>Cream of Turkey on Biscuit</b> (onion, margarine, flour, milk, s & o) <b>Seasoned Greens</b> (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) <b>Spiced Peaches</b> (Cinnamon) <b>Whole Wheat Roll</b>	23 <b>Pork with Apples and Cranberries</b> (pork, apples, applesauce, apple cider and cranberries) <b>Baked Sweet Potato</b> <b>California Blend Vegetable</b> (broccoli, cauliflower, carrots) <b>Whole Wheat Roll (2)</b>
26 <b>Pinto Beans with Smoked Turkey</b> (turkey roll, tomatoes, pinto beans, onion, chili powder, cumin, garlic, cilantro, low sod veg base) <b>Seasoned Broccoli</b> <b>Cinnamon Baked Apples</b> <b>Whole Wheat Roll (2)</b>	27 <b>Baked Fish w/ Citrus Sauce</b> (fish, lemon butter) <b>Butternut Squash with Pears</b> (butternut squash, pears, rosemary, onions, butter) <b>Herbed Barely Pilaf</b> (barley, herbs, onion, garlic lime juice) <b>Whole Wheat Roll</b>	28 <b>Chicken and Dumplings</b> (chicken, onions, carrots, celery, low sod soup base, flour, marg, milk and egg) <b>Seasonal Vegetable</b> <b>Warm Winter Fruit Salad</b> (pear, peach, applesauce, cranberries, cinnamon, lemon and orange juice) <b>Whole Wheat Roll</b>	29 <b>Mini Meatloaf with Cabbage/Carrots</b> (cabbage, gr beef, rice, carrots, garlic, onion, egg and tomato sauce) <b>Roasted Cauliflower</b> <b>Whole Wheat Roll (2)</b>	30 <b>Roast Turkey and Gravy</b> (low salt mix) <b>Mashed Potatoes</b> (milk, marg, salt) <b>Green Beans Amandine</b> (green beans, almonds, honey, lemon, marg) <b>Whole Wheat Roll</b>

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