



# May 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
<b>3</b> Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots  Corn Bread	<b>4</b> Baked Fish w/ Carrot Ginger Sce. Barley Pilaf w/ Mushroom & Apsaragus Seasonal Vegetable Mixed Fruit Whole Wheat Roll (2)	<b>5</b> Roast Pork w/ Cranberries & Apples Mashed Red Skinned Potatoes Pears and Cherries  Whole Wheat Roll	<b>6</b> Mac and Cheese Stewed Tomatoes Steamed Broccoli  Whole Wheat Roll	<b>7</b> Roast Beef with Gravy Seasoned Peas Spiced Peaches  Whole Wheat Roll (2)
<b>10</b> NC Style Pulled Pork Seasoned Greens Peach and Berry Crumble  Whole Wheat Roll (2)	<b>11</b> Roast Chicken w/ Fennel & Peaches Corn Zucchini Parmesan  Corn Bread	<b>12</b> Turkey Loaf with Gravy Butter Braised Radishes Baked Beans  Whole Wheat Roll (2)	<b>13</b> Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Baked Apples  Garlic Bread	<b>14</b> Baked Fish w/ Citrus Sauce Summer Squash Soufflé Cherry and Pear Compote  Whole Wheat Roll (2)
<b>17</b> Egg and Cheese Omelet Roasted Root Vegetables Seasoned Zucchini  Whole Wheat Roll (2)	<b>18</b> Roast Turkey w/ Gravy Mashed Potatoes Seasonal Vegetable  Applesauce Bran Muffin	<b>19</b> Salmon Teriyaki Cake Fried Brown Rice Broccoli Oriental Sliced Peaches Hamburger Bun	<b>20</b> Chicken Cacciatore Whole Wheat Egg Noodles Fruit Crisp  Whole Wheat Roll	<b>21</b> Italian Meatloaf Green Bean Casserole Seasoned Beets  Whole Wheat Roll (2)
<b>24</b> Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Baked Apples Whole Wheat Roll	<b>25</b> Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable  Whole Wheat Roll (2)	<b>26</b> Chicken Sausage w/ Peppers & Onions Brown Rice Parslied Carrots Pears Biscuit	<b>27</b> Pasta Primavera w/ Chicken Braised Red Cabbage Pineapple Macaroon Crisp  Whole Wheat Roll	<b>28</b> Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Turmeric & Apple Fruit Cocktail Cinnamon Muffin
<b>31</b> Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots  Corn Bread	<p>Meal includes 1% milk. Fruits are unsweetened. Bread includes 1 pat of butter. Menu is subject to change. 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.</p>			

