



July 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 Mac and Cheese Stewed Tomatoes Steamed Broccoli Whole Wheat Roll	2 Roast Beef with Gravy Seasoned Peas Spiced Peaches Whole Wheat Roll (2)
5 HAPPY 4TH OF JULY	6 Roast Chicken w/ Fennel & Peaches Corn Zucchini Parmesan Corn Bread	7 Turkey Loaf with Gravy Butter Braised Radishes Baked Beans Whole Wheat Roll (2)	8 Spaghetti with Meat Sauce Sautéed Greens w/ Olive Oil Baked Apples Garlic Bread	9 Baked Fish w/ Citrus Sauce Summer Squash Soufflé Cherry and Pear Compote Whole Wheat Roll (2)
12 Egg and Cheese Omelet Roasted Root Vegetables Seasoned Zucchini Whole Wheat Roll (2)	13 Roast Turkey w/ Gravy Mashed Potatoes Seasonal Vegetable Applesauce Bran Muffin	14 Salmon Teriyaki Cake Fried Brown Rice Broccoli Oriental Sliced Peaches Hamburger Bun	15 Chicken Cacciatore Whole Wheat Egg Noodles Chef's Vegetables Fruit Crisp Whole Wheat Roll	16 Italian Meatloaf Green Bean Casserole Seasoned Beets Whole Wheat Roll (2)
19 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Baked Apples Whole Wheat Roll	20 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll (2)	21 Chicken Sausage w/ Peppers & Onions Brown Rice Parslied Carrots Pears Biscuit	22 Pasta Primavera w/ Chicken Braised Red Cabbage Pineapple Macaroon Crisp Whole Wheat Roll	23 Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Turmeric & Apple Fruit Cocktail Cinnamon Muffin
26 Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots Corn Bread	27 Baked Fish w/ Carrot Ginger Sce. Barley Pilaf w/ Mushroom & Apsaragus Seasonal Vegetable Mixed Fruit Whole Wheat Roll (2)	28 Roast Pork w/ Cranberries & Apples Mashed Red Skinned Potatoes Pears and Cherries Whole Wheat Roll (2)	29 Mac and Cheese Stewed Tomatoes Steamed Broccoli Whole Wheat Roll	30 Roast Beef with Gravy Seasoned Peas Spiced Peaches Whole Wheat Roll (2)

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

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