

FEED MORE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Turkey Loaf with Gravy (OJ, fennel seeds, mustard, onion, S & P, garlic, chili pwd, egg, green pep, bread crumbs, LS mix) Braised Buttered Radishes (LS soup base, vinegar, sugar, parsley, marg) Baked Beans (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions) Whole Wheat Roll (2)	2 Spaghetti w/ Meat Sauce (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.) Sautéed Greens w/ Olive Oil Baked Apples (apple jce, apple pie spices, marg, br sugar, honey, corn starch) Garlic Bread	3 Baked Fish w/ Citrus Sauce (fish, lemon butter) Summer Squash Soufflé (paprika, eggs, s & p, sour cream, cheddar cheese, bread, marq) Cherry and Pear Compote Whole Wheat Roll (2)
6 Cheese Omelet (eggs, cheddar cheese) Roasted Root Vegetables (Potatoes, Onions, Parsnip, Rutabagas, Salt and Black Pepper) Seasoned Zucchini (no salt seasoning) Whole Wheat Roll (2)	7 Roast Turkey w/ Gravy (low salt mix) Mashed Potatoes (marg, milk, salt) Seasonal Vegetable Whole Wheat Roll (1) Applesauce Bran Muffin (egg, milk, molasses, br sugar,	8 Salmon Teriyaki Cake (egg, mayo, Worcestershire sce., onion, paprika, horseradish, herbs, bread) Fried Brown Rice (egg, oil, carrots, peas, onions, ginger, LS soy sauce) Broccoli Oriental (LS soy sauce, ginger, LS soup base, corn starch) Sliced Peaches Hamburger Bun	9 Chicken Cacciatore (oil, onions, celery, carrots, Italian seasoning, tomatoes, bl pepper) Whole Wheat Egg Noodles Fruit Crisp (oats, walnuts, honey, eggs, cinnamon, vanilla ext, salt) Whole Wheat Roll	10 Italian Meatloaf (onions, green pepper, garlic, celery, ketchup, eggs, bread, Worcestershire sce., s&p) Green Bean Casserole (cr of mushroom soup, milk, cheese, fried onions) Seasoned Beets (no salt seasoning) Whole Wheat Roll (2)
13 Chicken Pot Pie w/ Biscuit Topping (onions, flour, low sod soup base, poultry seasoning, peas, carrots, cobbler dough sheet) Seasoned Green Beans (no salt seasoning) Baked Apples (apple jce, apple pie spices, marg, br sugar, honey, corn starch) Whole Wheat Roll	14 Hamburger Steak w/ Onion Gravy (onion, bread crumbs, egg, horseradish, low sod soup base, flour) Roasted Potatoes (marg, salt and pepper) Seasonal Vegetable Whole Wheat Roll (2)	15 Chicken Sausage with Peppers and Onions Brown Rice Parslief Carrots Pears Biscuit	16 Pasta Primavera with Chicken (squash, broccoli, carrots, onions, garlic, flour, s&p, parsley, basil, milk, LS soup base, parm cheese) Braised Red Cabbage (apple jce, LS soup base, vinegar, sugar) Pineapple Macaroon Crisp (coconut, br sugar, vanilla extract, flour, oats, cinnamon, nutmeg) Whole Wheat Roll	17 Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme) Steamed Broccoli Indian Rice w/Turmeric & Apple (reg and wild rice, onion and raisins, marg) Fruit Cocktail Cinnamon Muffin (oil, flour, sugar sub, cinnamon, fruit, yogurt, eggs, almond ext)
20 Roast Turkey w/ Gravy (low salt mix) Confetti Corn (gr pepper, onion, basil, parsley, s & p, marg) Cranberry Glazed Carrots (cranberry sce, OJ, vinegar, rosemary) Cornbread (mix) Whole Wheat Roll	21 Baked Fish with Carrot and Ginger Sauce (LS soy sauce, honey, rice vinegar, sesame oil, LS veg soup base, onions) Barley Pilaf with Mushrooms and Asparagus (onions, parmesan cheese, black pepper) Seasonal Vegetable Mixed Fruit Cocktail Whole Wheat Roll	22 Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries) Mashed Red Skinned Potatoes (milk, marg, salt) Pears and Cherries Whole Wheat Roll (2)	23 Mac and Cheese (macaroni, milk, egg, white pepper, mustard, cheddar cheese, bread crumbs) Stewed Tomatoes (Bread, salt, sugar, marg) Steamed Broccoli Whole Wheat Roll	24 Roast Beef with Gravy (low salt mix) Seasoned Peas (no salt seasoning) Spiced Peaches (Cinnamon) Whole Wheat Roll (2)
27 NC-Style Pulled Pork (vinegar, liq smoke, onion, brown sugar, celery, mustard) Seasoned Greens (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base) Peach & Berry Crumble (flour, oats, cinnamon, sugar) Whole Wheat Roll (2)	28 Roast Chicken with Fennel and Peaches (thyme, garlic, parsley, cornstarch) Corn Zucchini with Parmesan (pepper, marg, cheese) Whole Wheat Roll Cornbread (mix)	29 Turkey Loaf with Gravy (OJ, fennel seeds, mustard, onion, S & P, garlic, chili pwd, egg, green pep, bread crumbs, LS mix) Braised Buttered Radishes (LS soup base, vinegar, sugar, parsley, marg) Baked Beans (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions) Whole Wheat Roll (2)	30 Spaghetti w/ Meat Sauce (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.) Sautéed Greens w/ Olive Oil Baked Apples (apple jce, apple pie spices, marg, br sugar, honey, corn starch) Garlic Bread	

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.