



October 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 Baked Fish w/ Citrus Sauce Summer Squash Soufflé Cherry and Pear Compote Whole Wheat Roll (2)
4 Egg and Cheese Omelet Roasted Root Vegetables Seasoned Zucchini Whole Wheat Roll (2)	5 Roast Turkey w/ Gravy Mashed Potatoes Seasonal Vegetable Whole Wheat Roll (1) Applesauce Bran Muffin	6 Salmon Teriyaki Cake Fried Brown Rice Broccoli Oriental Sliced Peaches Hamburger Bun	7 Chicken Cacciatore Whole Wheat Egg Noodles Chef's Vegetables Fruit Crisp Whole Wheat Roll	8 Italian Meatloaf Green Bean Casserole Seasoned Beets Whole Wheat Roll (2)
11 Chicken Pot Pie w/ Biscuit Topping Seasoned Green Beans Baked Apples Whole Wheat Roll	12 Hamburger Steak w/ Onion Gravy Roasted Potatoes Seasonal Vegetable Whole Wheat Roll (2)	13 Chicken Sausage w/ Peppers & Onions Brown Rice Parslied Carrots Pears Biscuit	14 Pasta Primavera w/ Chicken Braised Red Cabbage Pineapple Macaroon Crisp Whole Wheat Roll	15 Baked Fish w/ Lemon Butter Steamed Broccoli Indian Rice w/ Turmeric & Apple Fruit Cocktail Cinnamon Muffin
18 Roast Turkey w/ Gravy Confetti Corn Cranberry Glazed Carrots Whole Wheat Roll Corn Bread	19 Baked Fish w/ Carrot Ginger Sce. Barley Pilaf w/ Mushroom & Apsaragus Seasonal Vegetable Mixed Fruit Whole Wheat Roll	20 Roast Pork w/ Cranberries & Apples Mashed Red Skinned Potatoes Pears and Cherries Whole Wheat Roll (2)	21 Mac and Cheese Stewed Tomatoes Steamed Broccoli Whole Wheat Roll	22 Roast Beef with Gravy Seasoned Peas Spiced Peaches Whole Wheat Roll (2)
25 NC Style Pulled Pork Seasoned Greens Peach and Berry Crumble Whole Wheat Roll (2)	26 Roast Chicken w/ Fennel & Peaches Corn Zucchini Parmesan Whole Wheat Roll Corn Bread	27 Turkey Loaf with Gravy Butter Braised Radishes Baked Beans Whole Wheat Roll (2)	28 Chicken Pot Pie Turnips and Greens Spiced Peaches Whole Wheat Roll	29 Pork w/ Apples & Cranberries Baked Sweet Potato California Blend Vegetables Whole Wheat Roll (2)

Meal includes 1% milk. Fruits are unsweetened. Bread includes 1 pat of butter. Menu is subject to change. 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.