



# November 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>1</b> Sweet and Sour Pork Barley & Wild Rice Stuffing Seasoned Broccoli Sliced Peaches Whole Wheat Roll	<b>2</b> Baked Fish w/ Spanish Sauce Spinach Artichoke Gratin Roasted Butternut Squash Whole Wheat Roll Blueberry Oatmeal-Lentil Muffin	<b>3</b> Chicken and Dumplings Seasonal Vegetable Warm Winter Fruit Salad Whole Wheat Roll	<b>4</b> Beef & Mushroom Meatloaf Steamed Cabbage & Carrots Butterscotch Apple Dessert Whole Wheat Roll (2)	<b>5</b> Roast Turkey w/ Gravy Smashed Root Vegetables Parsley Buttered Carrots Cornbread Whole Wheat Roll
<b>8</b> Chicken Vegetable Stir Fry Brown Rice Pears w/ Apricot-Ginger Sauce Whole Wheat Roll	<b>9</b> Tex-Mex Casserole Spanish Rice Seasonal Vegetable Fruit Cocktail Whole Wheat Roll	<b>10</b> Salmon Alfredo Seasoned Broccoli Herbed Carrots Millet Muffin/Whole Wheat Roll	<b>11</b> BBQ Pulled Pork Seasoned Green Beans Sweet Potato Pudding Whole Wheat Roll (2)	<b>12</b> Italian Meatloaf Mashed Potato Seasoned Beets Whole Wheat Roll (2)
<b>15</b> Mac and Cheese Stewed Tomato Roasted Brussels Sprouts Whole Wheat Roll	<b>16</b> Sausage and Lentils Roasted Acorn Squash Apple Cherry Compote Whole Wheat Roll	<b>17</b> Roast Turkey w/ Gravy Mediterranean Beans Cranberry Glazed Carrots Whole Wheat Roll (2)	<b>18</b> Pot Roast w/ Gravy Buttered Peas & Onions Roasted Cauliflower Whole Wheat Roll Pumpkin Bread	<b>19</b> Baked Fish w/ Dill Sauce Glazed Root Vegetables Pear Crumble Whole Wheat Roll (2)
<b>22</b> Baked Fish with Dill Sauce Peas and Carrots Custard Bread Pudding Mandarin Oranges Whole Wheat Roll	<b>23</b> Ravioli Lasagna Seasonal Vegetable Ginger Pear Crisp Garlic Roll	<b>24</b> Beef, Rice and Mushroom Casserole Italian Mixed Vegetables Seasoned Beets Whole Wheat Roll	<b>25</b> Chicken Pot Pie Turnips & Greens Spiced Peaches Whole Wheat Roll	<b>26</b> Pork w/ Apples and Cranberries Baked Sweet Potato California Blend Vegetables Whole Wheat Roll (2)
<b>29</b> Sweet and Sour Pork Barley & Wild Rice Stuffing Seasoned Broccoli Sliced Peaches Whole Wheat Roll	<b>30</b> Baked Fish w/ Spanish Sauce Spinach Artichoke Gratin Roasted Butternut Squash Whole Wheat Roll Blueberry Oatmeal-Lentil Muffin			

Meals include non-fat dry milk, 100% fruit juice or fortified beverage packet. 1 pat Promise Spread. 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.