

# FEED MORE

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

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
<p><b>Cheese Ornelet</b> (eggs, cheddar cheese)</p> <p><b>Roasted Root Vegetables</b> (potato, sweet potato, carrots, onion, oil, cranberry glaze)</p> <p><b>Seasoned Greens</b> (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Roast Turkey w/ Gravy</b> (low salt mix)</p> <p><b>Cauli-Pinto Mashed Potatoes</b> (low sod, veg base, onions, pinto beans, cauliflower, potatoes, bl pepper, garlic)</p> <p><b>Seasonal Vegetable</b></p> <p><b>Whole Wheat Roll</b></p> <p><b>Applesauce Bran Muffin</b> (egg, milk, molasses, br sugar, baking pwd, bran flakes, flour)</p>	<p><b>Salmon Teriyaki Cake</b> (egg, mayo, Worcestershire sce., onion, paprika, horseradish, herbs, bread)</p> <p><b>Fried Brown Rice</b> (egg, oil, carrots, peas, onions, ginger, LS soy sauce)</p> <p><b>Asian Blend Vegetables</b> (Carrots, Celery, Onions, Snap Peas, Corn, Mushrooms, Soy sauce, Margarine)</p> <p><b>Cinnamon Applesauce</b></p> <p><b>Whole Wheat Roll</b></p>	<p><b>Spaghetti w/ Meat Sauce</b> (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.)</p> <p><b>Seasoned Green Beans</b> (no salt seasoning)</p> <p><b>Peach &amp; Berry Crumble</b> (flour, oats, cinnamon, sugar)</p> <p><b>Garlic Bread</b></p>	<p><b>Brazilian Chicken Stroganoff</b> (oil, onions, mushrooms, tomato, milk)</p> <p><b>Barley</b></p> <p><b>Steamed Broccoli</b> (no salt seasoning)</p> <p><b>Fruit Cocktail</b></p> <p><b>Whole Wheat Roll</b></p>
<p><b>Chicken Pot Pie w/ Cobbler Topping</b> (chicken, thyme, flour, onions, peas, carrots, poultry seasoning, marg, white pepper, low sod chix base, pie crust)</p> <p><b>Seasoned Green Beans</b> (green beans no salt seasoning)</p> <p><b>Baked Apples</b> (apple jce, apple pie spices, marg, br sugar, honey, com starch)</p> <p><b>Whole Wheat Roll</b></p>	<p><b>Hamburger Steak w/ Mushroom Gravy</b> (Onions, bread crumbs, egg sub, bl pepper, horseradish)</p> <p><b>Roasted Potatoes</b> (marg, oil, s&amp;p)</p> <p><b>Seasonal Vegetable</b></p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Baked Honey Lemon Chicken</b> (honey, lemon jce, garlic, s&amp;p, parsley, cornstarch, paprika)</p> <p><b>Succotash</b> (Succotash, base, black pepper)</p> <p><b>Seasoned Beets</b> (no salt seasoning)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Creamy Turkey Salad</b> (celery and mayo)</p> <p><b>3 Bean Salad</b> (kidney, wax, green beans, onion, celery, green pep and Italian dressing)</p> <p><b>Sliced Pears</b></p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Baked Fish w/ Lemon Butter</b> (butter, dill, lemon and thyme)</p> <p><b>California Blend Vegetable</b> (broccoli, cauliflower, carrots)</p> <p><b>Wild Rice Pilaf</b> (wild rice, low sod chicken broth, herbs, butte, onion, carrots)</p> <p><b>Mandarin Oranges</b></p> <p><b>Cinnamon Muffin</b> (oil, sugar sub, flour, baking soda, salt, apples, egg, almond extract)</p>
<p><b>Roast Turkey w/ Gravy</b> (low salt mix)</p> <p><b>Confetti Corn</b> (gr. Pepper, onion, marg, parsley, basil, s &amp; p)</p> <p><b>Cranberry Glazed Carrots</b> (cranberry sce, OJ, vinegar, rosemary)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Baked Fish with Carrot and Ginger Sauce</b> (LS soy sauce, honey, rice vinegar, sesame oil, LS veg soup base, onions)</p> <p><b>Spoonbread</b> (four, butter, sour cream, egg, cornmeal, sugar, baking powder, salt)</p> <p><b>Seasonal Vegetable</b></p> <p><b>Cinnamon Applesauce</b></p> <p><b>Blueberry Lentil Muffin</b> (flour, oats, oil cinn, sugar, eggs, milk)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Spanish Pork Chop</b> (onion, celery, tomato)</p> <p><b>Whole Wheat Egg Noodles</b></p> <p><b>Seasoned Greens</b> (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)</p> <p><b>Peach Crisp</b></p> <p><b>Whole Wheat Roll</b></p>	<p><b>Mac and Cheese</b> (macaroni, milk, egg, white pepper, mustard, cheddar cheese, bread crumbs)</p> <p><b>Stewed Tomatoes</b> (Bread, salt, sugar, marg)</p> <p><b>Steamed Broccoli</b></p> <p><b>Whole Wheat Roll</b></p>	<p><b>Roast Beef with Gravy</b> (low salt mix)</p> <p><b>Seasoned Peas</b> (no salt seasoning)</p> <p><b>Braised Red Cabbage</b> (apple jce, LS soup base, vinegar, sugar)</p> <p><b>Whole Wheat Roll (2)</b></p>
<p><b>Pulled BBQ Pork</b> (Pork, celery, onions, ketchup, dry mustard)</p> <p><b>Creamy Turmeric Grits &amp; Greens</b> (grits, collards, onion, tomato, gr pepper, turmeric, curry thyme, milk, bl pepper)</p> <p><b>Baked Apples</b> (apple jce, apple pie spices, marg, br sugar, honey, com starch)</p> <p><b>Whole Wheat Roll</b></p>	<p><b>Baked Fish w/ Citrus Sauce</b> (mayo, orange and lemon jce, mustard, tarragon, sugar sub)</p> <p><b>Summer Squash Soufflé</b> (paprika, eggs, s &amp; p, sour cream, cheddar cheese, bread, marg)</p> <p><b>Seasonal Vegetable</b></p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Mildred's Meatloaf</b> (br sugar, vinegar, tomato, mustard, egg, bread crumbs)</p> <p><b>Seasoned Broccoli</b> (no salt seasoning)</p> <p><b>Baked Beans</b> (pinto beans, brown sugar, mustard, apple vinegar, molasses, ketchup, onions)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Chicken &amp; Broccoli Casserole</b> (low sod cr, of chix soup, sour cream, mayo mushrooms, water chestnuts, cracker crumbs)</p> <p><b>WW Egg Noodles</b></p> <p><b>Roasted Cauliflower</b> (no salt seasoning)</p> <p><b>Pears</b></p> <p><b>Whole Wheat Roll</b></p>	<p><b>Roast Pork Normandy</b> (flour, marg, onions, celery, apples, apple jce, applesauce, cream, lemon jce, s&amp;p)</p> <p><b>Oven Baked Sweet Potatoes</b> (oil, marg, s&amp;p)</p> <p><b>Seasoned Asparagus</b> (no salt seasoning)</p> <p><b>Whole Wheat Roll (2)</b></p>
<p><b>Cheese Ornelet</b> (eggs, cheddar cheese)</p> <p><b>Roasted Root Vegetables</b> (potato, sweet potato, carrots, onion, oil, cranberry glaze)</p> <p><b>Seasoned Greens</b> (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)</p> <p><b>Whole Wheat Roll (2)</b></p>	<p><b>Roast Turkey w/ Gravy</b> (low salt mix)</p> <p><b>Cauli-Pinto Mashed Potatoes</b> (low sod, veg base, onions, pinto beans, cauliflower, potatoes, bl pepper, garlic)</p> <p><b>Seasonal Vegetable</b></p> <p><b>Whole Wheat Roll</b></p> <p><b>Applesauce Bran Muffin</b> (egg, milk, molasses, br sugar, baking pwd, bran flakes, flour)</p>	<p><b>Salmon Teriyaki Cake</b> (egg, mayo, Worcestershire sce., onion, paprika, horseradish, herbs, bread)</p> <p><b>Fried Brown Rice</b> (egg, oil, carrots, peas, onions, ginger, LS soy sauce)</p> <p><b>Asian Blend Vegetables</b> (Carrots, Celery, Onions, Snap Peas, Corn, Mushrooms, Soy sauce, Margarine)</p> <p><b>Cinnamon Applesauce</b></p> <p><b>Whole Wheat Roll</b></p>	<p><b>Spaghetti w/ Meat Sauce</b> (tomato, garlic, onion, sugar, Italian spices, Worcestershire sce.)</p> <p><b>Seasoned Green Beans</b> (no salt seasoning)</p> <p><b>Peach &amp; Berry Crumble</b> (flour, oats, cinnamon, sugar)</p> <p><b>Garlic Bread</b></p>	<p><b>Brazilian Chicken Stroganoff</b> (oil, onions, mushrooms, tomato, milk)</p> <p><b>Barley</b></p> <p><b>Steamed Broccoli</b> (no salt seasoning)</p> <p><b>Fruit Cocktail</b></p> <p><b>Whole Wheat Roll</b></p>

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.