

# FEED MORE

## November Lunch Menu

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

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
	<b>Hamburger Steak w/ Mushroom Gravy</b> (Onions, bread crumbs, egg sub, bl pepper, horseradish)  <b>Roasted Potatoes</b> (marg, oil, s&p)  <b>Seasonal Vegetable</b>  <b>Whole Wheat Roll (2)</b>	<b>Baked Honey Lemon Chicken</b> (honey, lemon jce, garlic, s&p, parsley, cornstarch, paprika)  <b>Succotash</b> (Succotash, base, black pepper)  <b>Seasoned Beets</b> (no salt seasoning)  <b>Whole Wheat Roll (2)</b>	<b>Creamy Turkey Salad</b> (celery and mayo)  <b>3 Bean Salad</b> (kidney, wax, green beans, onion, celery, green pep and Italian dressing)  <b>Sliced Pears</b>  <b>Whole Wheat Roll (2)</b>	<b>Baked Fish w/ Lemon Butter</b> (butter, dill, lemon and thyme)  <b>California Blend Vegetable</b> (broccoli, cauliflower, carrots)  <b>Wild Rice Pilaf</b> (wild rice, low sod chicken broth, herbs, butte, onion, carrots) <b>Mandarin Oranges</b> <b>Cinnamon Muffin</b> (oil, sugar sub, flour, baking soda, salt, apples, egg, almond extract)
<b>Old Fashioned Meatloaf w/ Gravy</b> (beef, LS beef base, onions, peppers, egg, tomato sauce, Worcestershire sce, bread crumbs)  <b>Mashed Acorn Squash</b> (squash, marg, garlic, s & p, milk)  <b>Seasoned Broccoli</b> (no salt seasoning)  <b>Whole Wheat Roll (2)</b>	<b>Baked Fish Piccata</b> (fish, flour, milk, bl pepper, bread crumb, lemon jce, garlic marg, capers)  <b>Rice and Mushrooms</b> (butter, onions, low sod veg base)  <b>Sauteed Spinach w/ Olive Oil</b> (s & p, nutmeg, lemon juice)  <b>Fruit Cocktail</b>  <b>Whole Wheat Roll</b>	<b>Chicken and Dumplings</b> (chicken, onions, carrots, celery, low sod soup base, flour, marg, milk and eqq)  <b>Seasonal Vegetable</b>  <b>Warm Winter Fruit Salad</b> (pear, peach, applesauce, cranberries, cinnamon, lemon and orange juice)  <b>Whole Wheat Roll</b>	<b>Roast Turkey w/ Gravy</b> (low salt mix)  <b>Bread Stuffing</b> (bread, margarine, onions, celery, poultry seasoning)  <b>Brussels Sprouts</b>  <b>Pinapple Tidbits</b>  <b>Whole Wheat Roll</b>	<b>Maple Glazed Pork Loin</b> (pancake syrup, dijon mustard, apple cider vinegar, soy sauce, bl pepper)  <b>Butternut Squash with Pears</b> (butternut squash, pears, rosemary, onions, butter)  <b>Roasted Cauliflower</b>  <b>Whole Wheat Roll (2)</b>
<b>Balsamic Chicken</b> (jarlic, s&p, onions, tomatoes, balsamic, vinegar, oil, herbs)  <b>Red Potatoes</b>  <b>Asparagus, Mushrooms and Carrots</b> (marg, s & p)  <b>Whole Wheat Roll (2)</b>	<b>Egg, Swiss and Turkey Sausage Casserole</b> (oil, bl pepper, parsley, milk)  <b>Braised Red Cabbage</b> (marg, apple jce, apple cider vinegar, LS soup base, sugar)  <b>Oven Fried Potatoes</b> (marg, onions, gr peppers, s&p)  <b>Whole Wheat Roll (2)</b>	<b>Salmon Alfredo</b> (salmon, pasta, oil/marg, flour, onions, low sod soup base, milk, seafood seasoning, breadcrumbs, cheese, parsley, paprika)  <b>Seasoned Greens</b> (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)  <b>Parsley Buttered Carrots</b> (marg)  <b>Whole Wheat Roll</b>	<b>BBQ Pulled Pork</b> (oil, vinegar, ketchup, br sugar, onions, celery, mustard)  <b>Seasoned Green Beans</b> (no salt seasoning)  <b>Sweet Potato Pudding</b> (sugar, marg, cloves, nutmeg, inner milk, egg)  <b>Whole Wheat Roll (2)</b>	<b>Italian Pork Roast w/ Gravy</b> (onion, garlic, tomato, cloves, bl pepper, flour, LS soup base)  <b>Steamed Corn</b>  <b>Seasoned Beets</b> (no salt seasoning)  <b>Apple- Cinnamon Muffin</b> (flour, baking soda, eggs, apricots, peaches, imitation van, oil, yogurt, sugar sub)
<b>Mac and Cheese</b> (macaroni, milk, egg, white pepper, mustard, eddar cheese, bread crumbs)  <b>Stewed Tomatoes</b> (Tomatoes, flour, bread, sugar, pepper and margarine)  <b>Seasoned Broccoli</b> (no salt seasoning)  <b>Whole Wheat Roll</b>	<b>Baked Breaded Chicken</b> (corn flakes, flour, paprika, poultry seasoning, br. sugar, oil)  <b>Roasted Root Vegetables</b> (potato, sweet potato, carrots, onion, oil, cranberry glaze)  <b>Seasonal Vegetable</b>  <b>Whole Wheat Roll</b>  <b>Pumpkin Bread</b> (flour, oil, sugar, baking soda, egg, nutmeg, cinnamon, pumpkin)	<b>Roast Turkey w/ Gravy</b> (low salt mix)  <b>Green Bean Casserole</b> (mushroom soup, milk, cheese, fried onions)  <b>Barley and Wild Rice Stuffing</b> (onions, fennel seeds, apples, herbs)  <b>Graham Crax</b>  <b>Whole Wheat Roll</b>	<b>Feedmore is Closed</b>	
<b>Chicken Pot Pie w/ Cobbler Topping</b> (chicken, thyme, flour, onions, peas, carrots, poultry seasoning, marg, white pepper, k/w sod chix base, pie crustt)  <b>Turnips and Greens</b> (marg, onion, LS chicken base)  <b>Cinnamon Applesauce</b>  <b>Whole Wheat Roll</b>	<b>Pork with Apples and Cranberries</b> (pork, apples, applesauce, apple cider and cranberries)  <b>Baked Sweet Potato</b>  <b>California Blend Vegetable</b> (broccoli, cauliflower, carrots)  <b>Whole Wheat Roll (2)</b>	<b>Beef, Rice and Mushroom Casserole</b> (bl pepper, thyme, onions, red pepper sauce)  <b>Italian Mixed Vegetables</b> (frozen mix)  <b>Seasoned Beets</b> (no salt seasoning)  <b>Whole Wheat Roll</b>		

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.