

FEED MORE

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

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<p>Old Fashioned Meatloaf w/ Gravy (beef, LS beef base, onions, peppers, egg, tomato sauce, Worcestershire sauce, bread crumbs)</p> <p>Mashed Acorn Squash (squash, marg, garlic, s & p, milk)</p> <p>Seasoned Broccoli (no salt seasoning)</p> <p>Whole Wheat Roll (2)</p>	<p>Baked Fish Piccata (fish, flour, milk, bl pepper, bread crumb, lemon juice, garlic marg, capers)</p> <p>Rice and Mushrooms (butter, onions, low sod veg base)</p> <p>Sauteed Spinach w/ Olive Oil (s & p, nutmeg, lemon juice)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Roll</p>	<p>Chicken and Dumplings (chicken, onions, carrots, celery, low sod soup base, flour, marg, milk and egg)</p> <p>Seasonal Vegetable</p> <p>Warm Winter Fruit Salad (pear, peach, applesauce, cranberries, cinnamon, lemon and orange juice)</p> <p>Whole Wheat Roll</p>	<p>Roast Turkey w/ Gravy (low salt mix)</p> <p>Bread Stuffing (bread, margarine, onions, celery, poultry seasoning)</p> <p>Brussels Sprouts</p> <p>Pinapple Tidbits</p> <p>Whole Wheat Roll</p>	<p>Maple Glazed Pork Loin (pancake syrup, dijon mustard, apple cider vinegar, soy sauce, bl pepper)</p> <p>Butternut Squash with Pears (butternut squash, pears, rosemary, onions, butter)</p> <p>Roasted Cauliflower</p> <p>Whole Wheat Roll (2)</p>
<p>Balsamic Chicken (garlic, s&p, onions, tomatoes, balsamic vinegar, oil, herbs)</p> <p>Red Potatoes</p> <p>Asparagus, Mushrooms and Carrots (marg, s & p)</p> <p>Whole Wheat Roll (2)</p>	<p>Egg, Swiss and Turkey Sausage Casserole (oil, bl pepper, parsley, milk)</p> <p>Braised Red Cabbage (marg, apple juice, apple cider vinegar, LS soup base, sugar)</p> <p>Oven Fried Potatoes (marg, onions, gr peppers, s&p)</p> <p>Whole Wheat Roll (2)</p>	<p>Salmon Alfredo (salmon, pasta, oil/marg, flour, onions, low sod soup base, milk, seafood seasoning, breadcrumbs, cheese, parsley, paprika)</p> <p>Seasoned Greens (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)</p> <p>Parsley Buttered Carrots (marg)</p> <p>Whole Wheat Roll</p>	<p>BBQ Pulled Pork (oil, vinegar, ketchup, br sugar, onions, celery, mustard)</p> <p>Seasoned Green Beans (no salt seasoning)</p> <p>Sweet Potato Pudding (sugar, marg, cloves, nutmeg, ginger, milk, egg)</p> <p>Whole Wheat Roll (2)</p>	<p>Italian Pork Roast w/ Gravy (onion, garlic, tomato, cloves, bl pepper, flour, LS soup base)</p> <p>Steamed Corn</p> <p>Seasoned Beets (no salt seasoning)</p> <p>Apple-Cinnamon Muffin (flour, baking soda, eggs, apricots, margarine, cinnamon, oil, sweetener, vanilla)</p> <p>Whole Wheat Roll</p>
<p>Mac and Cheese (macaroni, milk, egg, white pepper, mustard, cheddar cheese, bread crumbs)</p> <p>Stewed Tomatoes (Tomatoes, flour, bread, sugar, pepper and margarine)</p> <p>Seasoned Broccoli (no salt seasoning)</p> <p>Whole Wheat Roll</p>	<p>Baked Breaded Chicken (corn flakes, flour, paprika, poultry seasoning, br. sugar, oil)</p> <p>Roasted Root Vegetables (potato, sweet potato, carrots, onion, oil, cranberry glaze)</p> <p>Seasonal Vegetable</p> <p>Whole Wheat Roll</p> <p>Pumpkin Bread (flour, oil, sugar, baking soda, egg, nutmeg, cinnamon, pumpkin)</p> <p>Whole Wheat Roll (2)</p>	<p>Roast Turkey w/ Gravy (low salt mix)</p> <p>Mediterranean Beans (olive oil, onions, garlic, tomato, green beans, cannellini beans)</p> <p>Cranberry Glazed Carrots (vinegar, OJ, cranberry sauce, rosemary)</p> <p>Whole Wheat Roll (2)</p>	<p>Pot Roast (low sodium gravy base, flour, margarine)</p> <p>Buttered Peas and Onions</p> <p>Roasted Cauliflower</p> <p>Whole Wheat Roll (2)</p>	<p>Greek Style Fish (onions, celery, garlic, tomato, parsley, oregano, bl pepper, wine oil)</p> <p>Lemon Feta Roasted Vegetables (mixed veg, onions, oil, garlic, bal vinegar, br sugar, basil, oregano, feta)</p> <p>Seasoned Greens (turnip or collards, onion, vinegar, no salt seasoning, low sod soup base)</p> <p>Whole Wheat Roll (2)</p>
<p>Chicken Pot Pie w/ Cobbler Topping (chicken, thyme, flour, onions, peas, carrots, poultry seasoning, marg, white pepper, low sod chix base, pie crust)</p> <p>Turnips and Greens (marg, onion, LS chicken base)</p> <p>Cinnamon Applesauce</p> <p>Whole Wheat Roll</p>	<p>Pork with Apples and Cranberries (pork, apples, applesauce, apple cider and cranberries)</p> <p>Baked Sweet Potato</p> <p>California Blend Vegetable (broccoli, cauliflower, carrots)</p> <p>Whole Wheat Roll (2)</p>	<p>Beef, Rice and Mushroom Casserole (bl pepper, thyme, onions, red pepper sauce)</p> <p>Italian Mixed Vegetables (frozen mix)</p> <p>Seasoned Beets (no salt seasoning)</p> <p>Whole Wheat Roll</p>	<p>Baked Fish w/ Lemon Butter (butter, dill, lemon and thyme)</p> <p>Brussels Sprouts Risotto (LS soup base, thyme, garlic, wine, parm cheese, oil, bl pepper)</p> <p>Seasonal Vegetable (no salt seasoning)</p> <p>Applesauce</p> <p>Whole Wheat Roll</p>	<p>Turkey Chili (onion, garlic, gr peppers, carrots, tomatoes, chili powder, cumin, kidney beans)</p> <p>Brown Rice</p> <p>Wax Beans</p> <p>Mandarin Oranges</p> <p>Whole Wheat Roll</p>
<p>Old Fashioned Meatloaf w/ Gravy (beef, LS beef base, onions, peppers, egg, tomato sauce, Worcestershire sauce, bread crumbs)</p> <p>Mashed Acorn Squash (squash, marg, garlic, s & p, milk)</p> <p>Seasoned Broccoli (no salt seasoning)</p> <p>Whole Wheat Roll (2)</p>	<p>Baked Fish Piccata (fish, flour, milk, bl pepper, bread crumb, lemon juice, garlic marg, capers)</p> <p>Rice and Mushrooms (butter, onions, low sod veg base)</p> <p>Sauteed Spinach w/ Olive Oil (s & p, nutmeg, lemon juice)</p> <p>Fruit Cocktail</p> <p>Whole Wheat Roll</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.