



May 2014 Lunch Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Fish Broccoli Oriental Yellow Rice Pilaf Mandarin Oranges Whole Grain Bread	2 Shepherd's Pie (Beef & Mashed Potatoes) Braised Red Cabbage Whole Grain Bread (2)
5 Pork Chops with Gravy over Rice Southern Green Beans Applesauce Whole Grain Bread	6 Cheese Omelet Ranchero Buttered Grits Warm Winter Fruit Salad Tossed Salad w/ Ranch Whole Grain Bread	7 Hamburger Steak & Gravy Scalloped Potatoes Country Style Cabbage Whole Grain Bread (2)	8 Herb Roast Chicken/Gravy Creamy Mac & Cheese Seasoned Broccoli Fruit Cocktail Whole Grain Bread	9 Navy Bean Soup Seasoned Greens Fruit Cobbler Cornbread
12 Baked Ziti with Meat Sauce Sautéed Spinach Diced Pears Garlic Bread	13 Baked Chicken & Gravy BBQ Roasted Veggies Buttered Peas Fruited Orange Gelatin Whole Grain Bread (2)	14 Turkey Tetrazzini Brussel Sprouts Spiced Peaches Whole Grain Bread	15 Maple Glazed Roast Pork Succotash Whipped Sweet Potatoes Whole Grain Bread (2)	16 Creamy Salmon Alfredo Seasonal Veggies Macaroon Crisp Whole Grain Bread
19 Macaroni & Cheese Buttered Beets Seasoned Greens Whole Grain Bread	20 Breaded Chicken Filets Cauliflower Gratin Seasoned Green Beans Whole Grain Bread (2)	21 Tuna Noodle Casserole Lemon Broccoli Fruit Cocktail Whole Grain Bread	22 Pot Roast & Gravy Garlic Smashed Potatoes Scalloped Tomatoes Whole Grain Bread (2)	23 Minced Pork BBQ Baked Beans Creamy Coleslaw Cinnamon Spiced Apples Whole Grain Bread
26 Closed for Memorial Day	27 Meatloaf & Gravy Buttered Egg Noodles Seasonal Vegetables Diced Pears Whole Grain Bread	28 Chicken Pot Pie Cranberry Glazed Carrots Sliced Peaches Whole Grain Bread	29 Baked Fish Broccoli Oriental Yellow Rice Pilaf Mandarin Oranges Whole Grain Bread	30 Shepherd's Pie (Beef & Mashed Potatoes) Braised Red Cabbage Whole Grain Bread (2)

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