

March 2018 Veg Main Meal Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Farmer's Egg Casserole Green Beans Fruit Cocktail Whole Wheat Roll	2 Bowtie Bake w/ Sauce Roasted Brussels Sprouts Sliced Peaches Garlic Bread
5 Macaroni w/ Broccoli and White Beans Seasoned Zucchini Fresh Fruit Whole Wheat Roll	6 Polynesian Fish Rice and Mushrooms Steamed Broccoli Pineapple Tidbits Whole Wheat Roll	7 Cold Plate Chef Salad with Dressing Corn and Black Bean Salad Fruit Cocktail Whole Wheat Crackers	8 Vegetable Chickpea Stew Mashed Potato and Cauliflower Stewed Tomatoes Custard Bread Pudding	9 Baked Lemon Fish Peas and Carrots Herbed Barley Pilaf Dessert Surprise Whole Wheat Roll
12 Tofu Tetrazzini Cornbread Dressing Cranberry Glazed Carrots Fresh Fruit Whole Wheat Roll	13 Fish with Normandy Sauce Oven Brownd Sweet Potatoes Seasoned Asparagus Fruited Gelatin Salad Whole Wheat Roll	14 Mac and Cheese Stewed Tomatoes and Okra Roasted Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll	15 Baked Breaded Tofu Succotash Seasonal Vegetable Butterscotch Apple Dessert Whole Wheat Roll	16 Baked Salmon Spinach Souffle Egg Noodles Fresh Fruit Whole Wheat Roll
19 Rosemary Fish Rice and Lentil Stuffing Seasonal Vegetable Cherries and Pear Compote Whole Wheat Roll	20 Corn and Cheese Casserole Seasoned Greens Spiced Peaches Creamy Cole Slaw Whole Wheat Roll	21 Vegetarian Loaf Mashed Potato and Cauliflower Sunshine Carrots Fresh Fruit Whole Wheat Roll	22 Mediterranean Fish Roasted Root Vegetables Sicillian Style Vegetables Fruit Cocktail Corn Bread	23 Scalloped Potato with Beans Ratatouille Mandarin Oranges Whole Wheat Roll
26 Veggie Burger Cake Acorn Squash Roasted Asparagus Pumpkin Crumble Whole Wheat Roll	27 Vegetable Chickpea Stew Black Beans Warm Winter Fruit Salad Vanilla Pudding Whole Wheat Roll	28 Salmon Teriyaki Cake Garden Brown Rice Oriental Vegetables Fresh Fruit Whole Wheat Roll	29 Farmer's Egg Casserole Green Beans Fruit Cocktail Whole Wheat Roll	30 Bowtie Bake w/ Sauce Roasted Brussels Sprouts Sliced Peaches Garlic Bread

Meal includes 1% milk or 100% fruit juice. Fruits are unsweetened. Bread includes 1 pat of butter. Menu is subject to change.