

Menu

Meals On Wheels ♦ February 2019 ♦ 209-3696

Please call by noon the day before to schedule or cancel a reservation

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1st Swedish Meatballs over Brown Rice, Cauliflower, and Pea & Carrot Medley |
| 4th Opened Faced Turkey Sandwich Smothered in Gravy, Mashed Potatoes, and Sautéed Squash | 5th Glazed Ham topped with Pineapple, Sweet Potato, Green Beans, and Dinner Roll | 6th Chicken Fettuccine Alfredo, Broccoli, Peach Crisp, Garlic & Herb Bread | 7th Stuffed Cabbage smothered in Tomato Sauce, Parsley Potatoes, Corn, and Dinner Roll | 8th Hamburger Steak Smothered in Gravy, Roasted Potatoes, Carrots, and Dinner Roll |
| 11th Hot Dog w/ Carrots, and Baked Beans | 12th Pot Pie w/Chicken, Peas, Carrots, Celery, Gravy served over a Biscuit, Cauliflower, and Steamed Broccoli | 13th Chili with Beef & Beans, Corn, Brown Rice, and Whole Wheat Crackers | 14th Macaroni & Cheese, Stewed Tomatoes, and Spinach | 15th Oven Roasted Turkey, Gravy, Yellow Squash, and Wild Rice |
| 18th President's Day Closed | 19th Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Dinner Roll | 20th Pork Chop, Cauliflower with Cheese Sauce, Broccoli, and Rice | 21st Tuna Sandwich served on Rye, Lettuce, Tomato, Pickle Spear, and Potato Salad | 22nd Pot Roast served with Mashed Potatoes & Gravy, Collard Greens, and Dinner Roll |
| 25th Chicken Parmesan smothered in Marinara Sauce, Italian Vegetable Medley, Green Beans, Baked Peaches, and Dinner Roll | 26th Baked Ziti w/Italian Green Beans, and Dinner Roll | 27th Mediterranean Chicken, Pasta, and Spinach | 28th Herb Crusted Pork Loin, Parsley Potatoes, Cabbage, Dinner Roll | March 1 st BBQ Chicken, Vegetable Medley, Baked Beans, and Corn Bread |

** Each Meal includes fruit and low fat milk **

St. Johns County Council On Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, Elder Source, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.