

Menu

Meals On Wheels ♦ March 2019 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1st BBQ Chicken, Vegetable Medley, Baked Beans, and Corn Bread
4th Beef Stew, Brussel Sprouts, Baked Apples, and Biscuit	5th Spaghetti smothered in Italian Meat Sauce, Sautéed Spinach, and Dinner Roll	6th Jambalaya w/ Sausage & Shrimp, Rice, and Green Beans	7th Lightly Breaded Fillet of Fish, Collard Greens, Macaroni & Cheese, and Corn Bread	8th Oven Fried Chicken, Carrots, Lima Beans, and Dinner Roll
11th Swedish Meatballs over Brown Rice, Cauliflower, and Pea & Carrot Medley	12th Glazed Ham topped with Pineapple, Sweet Potato, Green Beans, and Dinner Roll	13th Chicken Fettuccine Alfredo, Broccoli, Peach Crisp, and Dinner Roll	14th Stuffed Cabbage smothered in Tomato Sauce, Parsley Potatoes, Corn, and Dinner Roll	15th Hamburger Steaks smothers in gravy, Roasted Potatoes, Carrot Coins, and Dinner Roll
18th Corned Beef, Cabbage, Red Potatoes, Carrots, and Cornbread	19th Pot Pie w/Chicken, Peas, Carrots, Celery, Gravy served over a Biscuit, Cauliflower, and Steamed Broccoli	20th Chili with Beef & Beans, Corn, Brown Rice, and Whole Wheat Crackers	21st Macaroni and Cheese, Stewed Tomatoes, and Spinach	22nd Oven Roasted Turkey, Gravy, Yellow Squash, and Wild Rice
25th Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Dinner Roll	26th Chicken Parmesan smothered in Marinara Sauce, Italian Vegetable Medley, Green Beans, and Baked Peaches	27th Tuna Sandwich served on Rye, Lettuce, Tomato, Pickle Spear, and Potato Salad	28th Pot Roast served with Mashed Potatoes & Gravy, Collard Greens, and Dinner Roll	29th All Beef Hot Dog w/ Sauerkraut, and Oven Roasted Potato Wedges

** 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.