

Menu

Meals On Wheels ♦ May 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 Baked Ziti, Seasonal Vegetable, and Broccoli | 2nd BBQ Chicken, Vegetable Medley, Baked Beans, and Dinner Roll | 3rd Chef Salad w/ Lettuce, Tomatoes, Cucumbers, and Macaroni Salad |
| 6th Pork smothered with Gravy, Roasted Potato Wedges, Green Beans, and Dinner Roll | 7th Taco Salad with Grilled Chicken, Lettuce, Tomato, Black Olives, Salsa, Sour Cream, and Tortilla Chips | 8th Lightly Breaded Fillet of Fish Sautéed Squash, Oven Roasted Potato Wedges, and Dinner Roll | 9th Pulled BBQ Pork Sandwich w/ Baked Beans, and Corn | 10th Roasted Turkey & Cheese On Whole Wheat Bread, Lettuce, Tomato, Pickle, and Carrot, Pineapple & Raisin Salad |
| 13th Pot Roast, Mashed Potatoes, Gravy, California Vegetable Medley, and Dinner Roll | 14th Three Cheese Baked Marconi, Sautéed Spinach, and Stewed Tomatoes | 15th Baked Pork Chop, Mashed Potatoes & Mushroom Gravy, Steamed Broccoli, and Dinner Roll | 16th Home-Style Beef Stew w/ Baby Lima Beans, Baked Apples, and Biscuit | 17th Stuffed Green Pepper smothered in Marinara Sauce, Corn, and Baby Carrots |
| 20th Crispy Oven Fried Chicken, Okra & Tomatoes, Great Northern Beans, and Dinner Roll | 21st Country Fried Steak w/ Mashed Potatoes, Gravy, Carrot Coins, and Dinner Roll | 22nd Chicken Salad served on a bed of Crisp Lettuce, Shreds of Carrots, Tomato Wedges, and Crackers | 23rd All Beef Hot Dog w/ Sauerkraut and Baked Beans | 24th Spaghetti smothered in Meat Sauce, Yellow Squash, Italian Green Beans, and Dinner Roll |
| 27th Memorial Day Closed | 28 th Hamburger Steak Smothered in Gravy, Lima Beans, and Corn | 29th Creamy Chicken Fettuccine Alfredo, Green Beans, Baked Peaches, and Dinner Roll | 30th Tuna Sandwich on Rye Bread, Lettuce, Tomato, and Signature Potato Salad | 31st Vegetable Quiche, Broccoli, and 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.*