

Menu

Meals On Wheels ♦ June 2019 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Baked Ham, Sweet Potatoes, Green Beans, And Wheat Bread	4th Swedish Meatballs over Egg Noodles, Peas, Carrots, and Dinner Roll	5th Baked Ziti, Broccoli, and Seasonal Vegetable	6th BBQ Chicken, Vegetable Medley, Baked Beans, and Dinner Roll	7th Chef Salad w/ Lettuce, Tomatoes, Cucumbers, and Macaroni Salad
10th Pork smothered with Gravy, Roasted Potato Wedges, Green Beans, and Dinner Roll	11th Pot Roast, Mashed Potatoes, Gravy, California Vegetable Medley, and a Dinner Roll	12th Lightly Breaded Fillet of Fish Sautéed Squash, Oven Roasted Potato Wedges, and a Dinner Roll	13th Pulled BBQ Pork Sandwich w/ Baked Beans, and Corn	14th Roasted Turkey & Cheese On Whole Wheat Bread, Lettuce, Tomato, Pickle, and Carrot, Pineapple & Raisin Salad
17th Jambalaya w/ Shrimp & Sausage, Brown Rice, Peach Cobbler, and Pea's	18th Three Cheese Baked Macaroni, Sautéed Spinach, and Stewed Tomatoes	19th Baked Pork Chop, Mashed Potatoes & Mushroom Gravy, Steamed Broccoli, and a Dinner Roll	20th Home-Style Beef Stew w/ Baby Lima Beans, Baked Apples, and a Biscuit	21st Stuffed Peppers, Parsley Potatoes, Corn, and Dinner Roll
24th Crispy Oven Fried Chicken, Okra & Tomatoes, Great Northern Beans, and a Dinner Roll	25th Spaghetti smothered in Italian Meat Sauce, Summer Squash, and Green Beans	26th Oven Roasted Turkey, Fresh Sweet Potato, Broccoli, and Dinner Roll	27th Chicken Salad served on a bed of Crisp Lettuce, Shreds of Carrots, Tomato Wedges, and Crackers	28th Golden Baked Fillet of Fish, Brown Rice, Stewed Tomatoes, and Brussel Sprouts

* 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.