

Menu

Meals On Wheels ♦ September 2019 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
2nd <u>Closed in Observance of Labor Day</u>	3rd BBQ Pork Sandwich, Oven Roasted Potatoes, and Corn	4th All Beef Hot Dog, Sauerkraut, Baked Apples, and Baked Beans	5th Grilled Chicken Salad on Crisp Romaine Lettuce, Tomato, Cucumber, and Whole Wheat Crackers	6th Baked Cod, Parsley Potatoes, Sautéed Spinach, and Whole Wheat Dinner Roll
9th Spaghetti smothered in Italian Meat Sauce, Broccoli, Baked Apples, and Dinner Roll	10th BBQ Chicken, Zucchini, Corn, and Whole Wheat Dinner Roll	11th Baked Ziti, Italian Green Beans, Cauliflower, and Dinner Roll	12th Ham Salad Croissant, Lettuce, Tomato, Carrot, Pineapple, and Raisin Salad	13th Breaded Fish Fillet, Summer Squash, Spinach, and Brown Rice
16th Hamburger Steak, Mashed Potatoes, Gravy, Carrot Coin, and Dinner Roll	17th Oven Fried Chicken, Southern Greens, and Macaroni & Cheese	18th Spaghetti & Meatballs, Vegetable Medley, and Baked Peaches	19th Egg Salad Sandwich, Lettuce, Tomato, Pickle Spear, and Signature Potato Salad	20th Chicken Salad on Crisp Lettuce, Wedged Tomato, Cucumber, Shredded Red Cabbage, and Pea Salad
23rd Pot Roast, Mashed Potatoes, Green Beans, and Dinner Roll	24th Chef Salad, Turkey, Cheese, Egg, Lettuce, Wedged Tomato, Sliced Cucumber, Grapes, and Captain Wafer Crackers	25th Tuna Salad on Crisp Romaine Lettuce, Tomato Wedges, Red Cabbage, Radish, Fresh Fruit, and Captain Wafer Crackers	26th Turkey Tetrazzini, Vegetable Medley, and Harvard Beets	27th Home Style Meatloaf, Mashed Potatoes, Green Beans, and Dinner Roll
30th BBQ Pork Sandwich, Oven Roasted Potato Wedges, and Corn				

* 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.