

Menu

Meals On Wheels ♦ January 2019 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Happy New Year! Closed	2nd Oven Fried Chicken, Collard Greens, Black-eyed Peas, and Dinner Roll	3rd Chicken Fettuccine Alfredo, Broccoli, Peach Crisp, and Dinner Roll	4th Stuffed Cabbage smothered in Tomato Sauce, Parsley Potatoes, Corn, and Dinner Roll
7th Hamburger Steak smothered in gravy, Roasted Potatoes, Carrots, and Dinner Roll	8th Pot Pie w/Chicken, Peas, Carrots, Celery, Gravy served over a Biscuit, Cauliflower, and Steamed Broccoli	9th Chili with Beef & Beans, Corn, Brown Rice, and Whole Wheat Crackers	10th Macaroni & Cheese, Stewed Tomatoes, and Spinach	11th Oven Roasted Chicken, Yellow Squash, and Wild Rice
14th Meatloaf, Mashed Potatoes & Gravy, Green Beans, and Dinner Roll	15th All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	16th Chicken Parmesan smothered in Marinara Sauce, Italian Vegetable Medley, Green Beans, Baked Peaches, and Dinner Roll	17th Tuna Sandwich served on Rye, Lettuce, Tomato, Pickle Spear, and Potato Salad	18th Pork Chop, Cauliflower with Cheese Sauce, Broccoli, and Rice
21st Holiday Closed	22nd Pot Roast served with Mashed Potatoes & Gravy, Collard Greens, and Dinner Roll	23rd Baked Ziti w/Italian Green Beans, and Dinner Roll	24th Herb Crusted Pork Loin, Parsley Potatoes, Cabbage, Dinner Roll	25th Home-Style Beef Stew, Brussel Sprouts, Baked Apples, and Biscuit
28th BBQ Chicken, Vegetable Medley, Baked Beans, and Dinner Roll	29th Spaghetti smothered in Italian Meat Sauce, Sautéed Spinach, and Garlic Bread	30th Lightly Breaded Fillet of Fish, Collard Greens, Macaroni & Cheese, and Corn Bread	31st Oven Fried Chicken, Carrots, Lima Beans, and Dinner Roll	

** 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.