

Menu

Meals On Wheels ♦ June 2020 ♦ 209-3696

**As of June 1, you will receive meal deliveries on Monday,
Wednesday, and Friday
Menus are subjected to change.**

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
1st Baked Ham, Sweet Potatoes, and Seasonal Vegetable Hamburger Steak, smothered in Gravy, Brown Rice, and Seasonal Vegetables	3rd Italian Pasta Salad, Broccoli Salad, and Strawberries Baked Ziti, Seasonal Vegetable, and Peach Crisp	5th Turkey Salad, Spring Mix, Tomato, Cucumber, and Carrot & Raisin Salad BBQ Chicken, Vegetable Medley, and Baked Beans
8th Baked Chicken, Collard Greens, Black-eyed Peas, and Rice Baked Fish, Squash Medley, and Roasted Potatoes	10th Taco Salad w/Grilled Chicken, Lettuce, Tomato, Black Olives, Salsa, and Tortilla Chips Pulled Pork, Baked Beans, and Corn	12th Savory Pork Salad served on a bed of Harvest Blend, and Wild Rice Salad Pot Roast, Mashed Potatoes, Gravy, and Seasonal Vegetables
15th Oven Fried Chicken, Okra & Tomatoes, Great Northern Beans Enchiladas smothered in Sauce and Cheese, and Spanish Rice	17th Chicken Salad on a bed of Mixed Salad Greens, Tomato, Carrots, Cucumber, and Whole Wheat Crackers Beef Stew, Lima Beans, and Baked Apples	19th Seafood Salad, Baby Leaf Spinach, Tomato, Cucumber, Fresh Fruit Salad, and Pasta Salad Stuffed Bell Pepper, Parsley Potatoes, and Corn
22nd Spaghetti smothered in Meat Sauce, Squash, and Italian Green Beans Chicken Cordon Blue, Seasonal Vegetables, and Wild Rice	24th Cold Roast Beef Salad, Mixed Salad Green, Tomato, Cucumber, and Cole Slaw Oven Roast Turkey, Stuffing, Gravy, Sweet Potato, and Seasonal Vegetables	26th Grilled Chicken Sandwich, Lettuce, Tomato, Pickle, Potato Salad, and Cantaloupe Country Fried Steak, Mashed Potatoes, Gravy, and Vegetable Medley
29th French Dip Sautéed Mushroom and Onions, and Green Beans Smoked Sausage & Peppers over Rice, Baked Beans, and Baked Apples		

** 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.