

Menu

Coastal Community Center ♦ July 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1st Chicken Cordon Blue, Broccoli, Carrots, and Rice
4th COA Closed In Observance of Independence Day!	5th Philly Steak & Cheese Sub, French Fries, and Fresh Fruit	6th Fried Chicken, Tomato & Cucumber Salad, Corn, and Dinner Roll	7th Shrimp Salad on a bed of Baby Spinach, Tomato, Carrot, Pea Salad, and Mini Croissant	8th Cheese Burger w/ Lettuce, Tomato, Pickle Chips, and Oven Roasted Potato Wedges
11th Baked Chicken, Collard Greens, and Macaroni & Cheese	12th Meatball Sub with Marinara Sauce & Provolone Cheese, and Garden Salad	13th Broccoli Crust- Less Quiche, Carrot Salad with a Lemon Dijon Vinaigrette, Parsley Potatoes, and Dinner Roll	14th Apple Chicken Salad on a Bed of Lettuce, Tomato, and Macaroni Salad	15th Beef & Vegetable Stir-Fry, Steamed Rice, and Egg Roll
18th Chef Salad w/ Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, and Captain Wafer Crackers	19th Chicken Soft Taco's, Lettuce, Tomatoes, Cheese, Mexican Street Corn Salad, and Fresh Fruit	20th Italian Sub w/ Lettuce, Tomato, Onion, Pickle, Potato Chips, and Fresh Fruit	21st Herb Crusted Pork Loin smothered in Gravy, Wild Rice, and Seasonal Vegetables	22nd Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
25th Chili & Cheese Hot Dog, Green Beans, and Tater Tots	26th Pot Roast, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll	27th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers	28th Turkey & Swiss Cheese Sandwich, Lettuce, Sliced Tomatoes, and Potato Salad	29th BBQ Pork Sandwich, French Fries, and Cole Slaw

**** 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.