

# Menu

**Coastal Community Center ♦ November 2021 ♦ 209-3696**

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

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>
1st Spaghetti smothered in Italian Meat Sauce, Caesar Salad, and Garlic Bread	2nd All Beef Hot served on a Bun, Creamy Cole Slaw, and Baked Beans	4th Aussie Chicken, Oven Roasted Potatoes, Spinach, and Dinner Roll
8th Baked Fish, Potatoes Au Gratin, Broccoli, and Dinner Roll	9th Home-style Chili, Seasonal Vegetable, and Crackers	11th <b><i>COA Closed Veterans Day!</i></b>
15th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	16th Pesto Chicken Pasta, Seasonal Vegetables, and Carrot Coins	18th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
22nd Beef Stroganoff over Egg Noodles, Cauliflower, and Pea's	23rd Oven Roasted Turkey, Stuffing, Mashed Potatoes, Green Bean Casserole, and Pumpkin Pie	25th <b><i>COA Closed Thanksgiving</i></b>
29th Baked Ziti smothered in an Italian Meat Sauce, Italian Green Beans, and Peach Cobbler	30th Chicken Pot Pie, Broccoli, Squash, and Biscuit	

***\* 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.