

# Menu

**Coastal Community Center ♦ October 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>
4th Home-style Chili, Seasonal Vegetable, and Crackers	5th Tuna Salad Sandwich, Lettuce, Tomato, Pickle Spear, and Signature Potato Salad	7th Chicken Club Pasta Salad served on a bed of Lettuce, and Fresh Fruit
11th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	12th Grilled Chicken served on Fresh Spinach, Tomatoes, Cucumbers, and Pea Salad	14th Chicken Fajita's, Peppers & Onions, Cheese, Salsa, Black Beans, and Rice
18th Stuffed Beef Ravioli Smothered in Marinara Sauce, Italian Vegetable Medley, Peach Crisp, and Garlic Bread	19th Ham & Cheese Pasta Salad, Tomato & Cucumber Salad, and Fresh Fruit	21st Grilled Chicken Taco Salad, Lettuce, Tomato, Black Olives, Corn Chips, and Salsa
25th Chicken Pot Pie, Broccoli, Squash, and Biscuit	26th Baked Ziti smothered in an Italian Meat Sauce and Caesar Salad	28th Hungarian Goulash over Egg Noodles, Salad, and Garlic Knot

***\* 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.