

# Menu Meals On Wheels

◆ April 2023 ◆

209-3696

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

**\*All menu items are subject to change according to availability.\***

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Pork Roast, Mushroom Gravy, Seasonal Vegetables, and Dinner Roll	4th Baked Chicken, Baby Carrots, Sugar Snap Peas, and Rice	5th Italian Pasta Salad on a Bed of Lettuce, Broccoli Salad, and Fresh Fruit	6th BBQ Pulled Pork, Baked Beans, Corn, and Dinner Roll	7th COA Holiday Closed
10th Roasted Turkey, Mashed Potatoes & Gravy, Seasonal Vegetables, and Dinner Roll	11th Stuffed Bell Peppers, Parsley Potatoes, and Seasonal Vegetables	12th Herb Crusted Pork Loin, Mashed Potatoes, Mushroom Gravy, and Broccoli	13th Beef Stew, Lima Beans, Baked Apples, and Biscuit	14th Chicken Taco Salad, Lettuce, Tomato, Onion, Salsa, and Corn Chips
17th Swedish Meatballs over Rice, and Seasonal Vegetables	18th Spaghetti smothered in Italian Meat Sauce, Yellow Squash, and Italian Green Beans	19th Chicken Salad on a Bed of Crisp Lettuce, Grape Tomatoes, Cucumbers, Fresh Fruit, and Wafer Crackers	20th All Beef Hot Dog, Cole Slaw, and Tater Tots	21st Beef, Peppers & Onion Stir-fry, Seasonal Vegetables, and Rice
24th Oven Roasted Turkey, Stuffing, Gravy, Seasonal Vegetables, and Sweet Potatoes	25th Baked Ham, Sliced Pineapple, Steamed Cabbage, Sweet Potatoes, and Dinner Roll	26th French Dip topped with Swiss Cheese, Mushrooms & Onions, and Seasonal Vegetables	27th Smoked Sausage & Rice, Baked Beans, and Baked Apples	28th Stuff Shells smothered with Sauce, Vegetable Medley, and Seasonal Vegetables

*\* 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.