

Menu Meals On Wheels

◆ August 2023 ◆

209-3693

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
	1st Spaghetti smothered in Italian Meat Sauce, Caesar Salad, and Garlic Bread	2nd All Beef Hot Dog, Sauerkraut, and Baked Bean	3rd Ham & Cheese Sandwich w/ Lettuce, Tomato, Pickle Chips, and English Pea Salad	4th Grilled Chicken & Cheddar Cheese Wrap w/ Lettuce, Chopped Tomato, Pickle Spear, and Signature Potato Salad
7th Breaded Fillet of Fish, Parsley Potato, Seasonal Vegetables, and Dinner Roll	8th Chicken Taco Salad, Lettuce, Tomato, Diced Tomato, Onion, Salsa, and Corn Chips	9th BBQ Chicken, Squash, Corn, and Dinner Roll	10th Hamburger Steak smothered in Gravy, Roasted Potatoes, Carrots, and Dinner Roll	11th Sausage Rigatoni, Italian Green Beans, and Steamed Cauliflower
14th Sliced Beef, Peppers & Onions over Rice, and Seasonal Vegetables	15th Oven Fried Chicken, Collard Greens, and Macaroni & Cheese	16th Pot Roast, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	17th Roasted Pork, Parsley Potatoes, Seasonal Vegetables, and Dinner Roll	18th Chicken Salad on a Bed of Lettuce, Tomatoes Wedges, Carrot, and Captain Wafer Crackers
21st Spaghetti & Meatballs, Seasonal Vegetables, and Baked Peaches	22nd Chef Salad w/Turkey, Cheese, Hard Boiled Egg, Lettuce, Tomato, Cucumbers, and Crackers	23rd Breaded Fillet of Fish, Summer Squash, Lima Beans, and Cornbread	24th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	25th Turkey Tetrazzini, Vegetables Medley, and Harvard Beets
28th Baked Ham topped with Pineapple, Seasonal Vegetables, and Dinner Roll	29th Turkey & Swiss Cheese Sandwich w/Lettuce, Sliced Tomato, Pickle, and Chips	30th Country Fried Steak, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll	31st Stuffed Cabbage, Parsley Potatoes, and Seasonal Vegetables	September 1st Tuna Salad on a Bed of Lettuce, Tomato, Carrots, and Macaroni Salad

* 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.