

Menu

Meals On Wheels ♦ December 2021 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Chicken Pot Pie, Broccoli, and Yellow Squash	2nd Roasted Pork, Scalloped Potatoes, Confetti Corn, and Dinner Roll	3rd BBQ Chicken, Baked Beans, Carrots, and Corn Bread
6th Beef Stew, Brussel Sprouts, and Rice	7th All Beef Hot served on a Bun, Sour Kraut, and Baked Beans	8th Herb Crusted Pork Loin, Sweet Potatoes, and Broccoli	9th Roast Beef, Mashed Potatoes, Squash, and Dinner Roll	10th Spaghetti smothered in Italian Meat Sauce, Seasonal Vegetables, and Baked Apples
13th Aussie Chicken, Oven Roasted Potatoes, Spinach, and Dinner Roll	14th Home-style Chili, Seasonal Vegetable, and Rice	15th Baked Fish, Potatoes Au Gratin, Broccoli, and Dinner Roll	16th Chicken Cacciatore over Pasta, and Vegetable Medley	17th Beef Cubed Steak, Sautéed Mushrooms, Onions, Mashed Potatoes, Gravy Carrot Coins, and Dinner Roll
20th Pulled Pork, Greens, Apple Crisp, and Macaroni & Cheese	21st Pesto Chicken Pasta, Seasonal Vegetables, and Carrot Coins	22nd Sausage Pilau, Vegetable Medley, and Cherry Cobbler	23rd Pot Roast, Mashed Potatoes, Gravy, Vegetable Medley, Dinner Roll	24th COA Closed Holiday
27th COA Closed Holiday	28th Chicken Enchiladas, Cheese, Salsa, Black Beans, and Rice	29th Sweet & Sour Chicken, Oriental Vegetables, Steamed Rice, and Egg Roll	30th Beef Ravioli, Green Beans, and, Baked Apples	31st COA Closed Holiday

* *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.