

Menu
Meals On Wheels
◆ February 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
		1st Shepard's Pie, Seasonal Vegetables, and Dinner	2nd Spaghetti smothered in Italian Meat Sauce, Spinach, and Peach Crisp	3rd Opened Faced Turkey Sandwich, Gravy, Mashed Potatoes, and Seasonal Vegetables
6th Oven Baked Chicken, Lima Beans, Wild Rice, and Seasonal Vegetables	7th Glazed Ham, Pineapple Sweet Potatoes, Green Beans, and Dinner Roll	8th Chicken Enchiladas, Black Beans, and Rice	9th Breaded Fish Fillet, Collard Greens, and Cheese Grits	10th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, and Seasonal Vegetables
13th Hamburger Steak Smothered in Gravy, Mashed Potatoes, Carrot Coins	14th Chili, Seasonal Vegetables, and Rice	15th Aussie Chicken, Roasted Potatoes, Seasonal Vegetables, and Dinner Roll	16th Sloppy Joe served on a Bun, Tater Tots, and Baked Beans	17th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll
20th President's Day COA Closed	21st Oven Roasted Turkey, Seasonal Vegetables, and Sweet Potatoes	22nd Jambalaya w/ Chicken, and Sausage Over Rice, and Seasonal Vegetables	23rd Tuna Sandwich w/Lettuce, Tomato, Potato Salad and Pickle Spear	24th All Beef Hot Dog, Sauerkraut, and Roasted Potatoes
27th Herb Crusted Pork Loin w/ Mushroom Gravy, Seasonal Vegetables, and Dinner Roll	28th Pesto Chicken Pasta, Squash, 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.