

Menu
Meals On Wheels
◆ February 2024 ◆
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 Shepard's Pie, Seasonal Vegetables, and Dinner Roll	2nd Opened Faced Turkey Sandwich, Gravy, Mashed Potatoes, Squash, and Whole Wheat Bread
5th Chicken Tenders, Potato Wedges, and Baked Beans	6th Baked Ham, Sliced Pineapple, Sweet Potatoes, Seasonal Vegetables, and Dinner Roll	7th Beef & Bean Tostada topped w/ Tomato, Diced, Cheese, Onion, and Spanish Rice	8th Breaded Fish Fillet, Vegetable Medley, Lima Beans, and Wild Rice	9th Hamburger Steak smothered in Gravy, Mashed Potatoes, Carrots, and Dinner Roll
12th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, Seasonal Vegetables, and Garlic Bread	13th Chili, Seasonal Vegetables, and Rice	14th Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables	15th Sloppy Joe served on a Bun, Seasonal Vegetable, and Tater Tot	16th BLT Salad, Three Bean Salad, and Croissant
19th President's Day Closed	20th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	21st Chicken Parmesan over Spaghetti, Italy Vegetable Medley, and Peach Crisp	22nd Tuna Sandwich, Lettuce, Tomato, Pickles, and Signature Potato Salad	23rd Herb Crusted Pork Loin w/ Mushroom Gravy, Seasonal Vegetables, and Dinner Roll
26th All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	27th Cheesy Chicken smothered in Caramelized Mushrooms & Onions, and Vegetable Pasta Primavera	28th Sausage, Peppers, and Onions over Rice, and Seasonal Vegetables	29th Beef Stew, Seasonal Vegetables, and Apple Cobbler	March 1st Lasagna, 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.