

Menu

Meals On Wheels ♦ January 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Baked Ham, Black-eyed Peas, and Greens	4th Chicken Taco Salad, Lettuce, Tomato, Black Olives, Salsa, and Corn Chips	5th Pot Roast, Gravy, Oven Roasted Potatoes, Vegetable Medley, and Dinner Roll	6th Chicken Fettuccine Alfredo, Oven Roasted Brussel Sprouts, and Corn	7th Baked Fish, Vegetable Capri, Lima Beans, and Wild Rice
10th Hamburger Steak smothered in Gravy, Mashed Potatoes, Carrot Coins, and Dinner Roll	11th Home-style Chili, Seasonal Vegetable, and Rice	12th Chicken Pot Pie over a Biscuit, Broccoli, and Beets	13th Sloppy Joe served on a Bun, Tater Tots, and Baked Beans	14th Baked Chicken, Stuffing, Yams, and Squash
17th COA Holiday Closed	18th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll	19th Chicken Parmesan over Pasta, and Italian Vegetable Medley	20th Tuna Sandwich on Rye, Lettuce, Sliced Tomato, Pickle, and Potato Salad	21st Herb Crusted Pork Loin, Cauliflower, Broccoli, and Yellow Rice
24th All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	25th Pesto Chicken Pasta, Yellow Squash, and Carrots	26th Beef Stew, Seasonal Vegetables, Baked Apples, and Biscuit	27th BBQ Chicken, Vegetable Medley, Baked Beans, and Dinner Roll	28th Baked Ziti smothered in a Italian Meat Sauce, Green Beans, and Seasonal Vegetables
31st Pork Roast, Mushroom Gravy, Scalloped Potatoes, and Cabbage				

**** 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.