

Menu

Meals On Wheels ♦ January 2023 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
2nd New Year's Closed	3rd Baked Ham, Collard Greens, and Black-eyed Peas	4th Hamburger Steak Smothered in Brown Gravy, Mashed Potatoes, Carrots, and Dinner Roll	5th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, and Seasonal Vegetables	6th Breaded Fish Fillet, Vegetable Medley, Lima Beans, and Rice
9th Chicken Enchiladas, Black Beans, and Rice	10th Chili, Seasonal Vegetables, and Crackers	11th Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables	12th Sloppy Joe served on a Bun, Tater Tots, and Baked Beans	13th Oven Roasted Turkey, Seasonal Vegetables, and Fresh Sweet Potato
16th M.L. King Jr. Closed	17th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	18th Tuna Sandwich w/Lettuce, Tomato, Pickle Spear, and Creamy Cole Slaw	19th Pot Roast smothered in Gravy, Mashed Potatoes, Seasonal Vegetables, and Dinner Roll	20th Herb Crusted Pork Loin w/ Mushroom Gravy, Seasonal Vegetables, and Dinner Roll
23rd All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	24th Chicken Pesto Pasta, and Seasonal Vegetables	25th BBQ Chicken, Seasonal Vegetables, Baked Beans, and Cornbread	26th Pork Stew, Seasonal Vegetables, and Apple Crisp	27th Lasagna, Seasonal Vegetables, and Dinner Roll
30th Sausage, Peppers, and Onions, over Rice, and Seasonal Vegetables	31st Breaded Fish Fillet, Collard Greens, Macaroni & Cheese, and Corn Bread			

** 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.