

Menu

Meals On Wheels ♦ July 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1st Beef, Peppers & Onion Stir-fry, Vegetables, Teriyaki Brussel Sprouts, and Rice
4th COA Closed In Observance of Independence Day!	5th Chicken Cordon Blue, Broccoli, Carrots, and Rice	6th Roast Beef & Au Jus Gravy, Seasonal Vegetables, and Brown Rice	7th Fried Chicken, Summer Squash, Corn, and Dinner Roll	8th Shrimp Salad on a bed of Baby Spinach, Tomato, Carrot, Pea Salad, and Mini Croissant
11th Hamburger Steak smothered in Gravy, Roasted Potatoes, Carrot Coins, and Dinner Roll	12th Baked Chicken, Collard Greens, and Macaroni & Cheese	13th Spaghetti & Meatballs, California Vegetable Blend, and Baked Peaches	14th Broccoli Crust- Less Quiche, Seasonal Vegetables, Parsley Potatoes, and Dinner Roll	15th Apple Chicken Salad on a Bed of Lettuce, Tomato, and Macaroni Salad
18th Beef & Vegetable Stir-Fry, and Steamed Rice	19th Chef Salad w/ Turkey, Egg, Cheese, Lettuce, Tomato, Cucumber, and Captain Wafer Crackers	20th Chicken Soft Taco's, Lettuce, Tomatoes, Cheese, Mexican Street Corn Salad, and Fresh Fruit	21st Turkey Tetrazzini, Vegetable Medley, and Harvard Beets	22nd Herb Crusted Pork Loin smothered in Gravy, Wild Rice, and Seasonal Vegetables
25th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll	26th Chili & Cheese Hot Dog, Green Beans, and Tater Tots	27th Pot Roast, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll	28th Tuna Salad on bed of Lettuce, Tomato, Carrots, Radishes, and Captain Wafer Crackers	29th Turkey & Swiss Cheese Sandwich, Lettuce, Sliced Tomatoes, and Potato Salad

** 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.