

Menu

Meals On Wheels ♦ June 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Stuffed Cheese Shells, Broccoli, and Carrots	2nd Smoked Sausage & Rice, Beans, and Baked Apples	3rd Chicken Sandwich topped w/ Lettuce, Tomato, Pickle, and Potato Salad
6th French Dip, Mushrooms & Onions, and Green Beans	7th Baked Ziti, Steamed Broccoli, and Peach Crisp	8th Chef Salad w/ Turkey, Cheese, and Hard Boiled Egg on a bed of Crisp Greens, Tomatoes, Cucumbers, and Macaroni Salad	9th Hamburger Steak smothered in Gravy, Brown Rice, and Seasonal Vegetables	10th Ham & Cheese Sandwich, Lettuce, Sliced Tomato, Pickle, Potato Chips
13th BBQ Chicken, Vegetable Medley, Baked Beans, and Corn Bread	14th Curry Coconut Chicken, Carrots, Sugar Snap Peas, and Rice	15th Italian Pasta Salad on a Bed of Lettuce, Broccoli Salad, and Fresh Fruit	16th Turkey Salad Croissant w/ Lettuce Sliced Tomato, and Pickled Beet Salad	17th Pot Roast, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll
20th Pulled Pork, Baked Beans, Corn, and Dinner Roll	21st Baked Chicken, Okra & Tomatoes, Northern Beans, and Brown Rice	22nd Herb Crusted Pork Loin, Mashed Potatoes, Mushroom Gravy, and Broccoli	23rd Beef Stew, Lima Beans, Baked Apples, and Biscuit	24th Chicken Taco Salad, Lettuce, Tomato, Onion, Salsa, and Corn Chips
27th Stuffed Bell Pepper, Parsley Potatoes, Seasonal Vegetables, and Dinner Roll	28th All Beef Hot Dog, Sauerkraut, and Tater Tots	29th Spaghetti smothered in Italian Meat Sauce, Yellow Squash, and Italian Green Beans	30th Apple Chicken Salad on a Bed of Lettuce, Tomato, Cucumber, Fresh Fruit, and Wafer Crackers	July 1st Beef, Peppers & Onion Stir-fry, Vegetables, Teriyaki Brussel Sprouts, and Rice

** 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.