

Menu Meals On Wheels

◆ *March 2023* ◆

209-3696

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 BBQ Chicken, Vegetable Medley, and Baked Beans	2nd Pork Stew, Seasonal Vegetables, and Biscuit	3rd Lasagna w/Meat Sauce, Italian Green Beans, and Seasonal Vegetables
6th Sausage Peppers & Onions over Rice, and Seasonal Vegetables	7th Baked Fish, Collard Greens, Macaroni & Cheese, and Dinner Roll	8th Shepard's Pie, Seasonal Vegetables, and Dinner Roll	9th Spaghetti smothered in Italian Meat Sauce, and Seasonal Vegetables	10th Opened Faced Turkey Sandwich, Gravy, Mashed Potatoes, and Seasonal Vegetables
13th Oven Baked Chicken, Lima Beans, Wild Rice, and Seasonal Vegetables	14th Glazed Ham, Pineapple, Sweet Potatoes, Green Beans, and Dinner Roll	15th Hamburger Steak Smothered in Gravy, Mashed Potatoes, Carrot Coins	16th Breaded Fish Fillet, Collard Greens, and Cheese Grits	17th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, and Seasonal Vegetables
20th Corned Beef & Cabbage, Potatoes, Carrots, and Dinner Roll	21st Chili, Seasonal Vegetables, and Rice	22nd Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables	23rd Sloppy Joe served on a Bun, Tater Tots, and Baked Beans	24th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll
27th Oven Roasted Turkey, Seasonal Vegetables, and Sweet Potatoes	28th Chicken Parmesan, Over Pasta, and Italian Vegetable Medley	29th Pot Roast, Mashed Potatoes & Gravy, Seasonal Vegetables, and Dinner Roll	30th Tuna Sandwich w/Lettuce, Tomato, Pickle Spear and Potato Salad	31st All Beef Hot Dog, Sauerkraut, and Roasted Potatoes

** 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.