

Menu Meals On Wheels

◆ **March 2024** ◆

209-3693

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 Lasagna, and Seasonal Vegetables
4th BBQ Chicken, Seasonal Vegetables, Fresh Sweet Potato, and Cornbread	5th Breaded Fish Fillet, Collard Greens, Macaroni & Cheese, and Dinner Roll	6th Chicken Tenders, Roasted Potatoes, and Baked Beans	7th Spaghetti smothered in Italian Meat Sauce, and Seasonal Vegetables	8th Shepard's Pie, Seasonal Vegetables, and Dinner Roll
11th Turkey Sandwich, Gravy, Mashed Potatoes, Squash, and Whole Wheat Bread	12th Baked Ham, Sliced Pineapple, Sweet Potatoes, Seasonal Vegetables, and Dinner Roll	13th Beef & Bean Tostada topped w/ Tomato, Diced, Cheese, Onion, and Spanish Rice	14th Breaded Fish Fillet, Vegetable Medley, Lima Beans, and Wild Rice	15th Hamburger Steak smothered in Gravy, Mashed Potatoes, Carrots, and Dinner Roll
18th Corned Beef & Cabbage, Potatoes Carrots, and Dinner Roll	19th Chili, Seasonal Vegetables, and Rice	20th Sloppy Joe served on a Bun, Seasonal Vegetable, and Tater Tot	21st BLT Salad, Three Bean Salad, and Croissant	22nd Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables
25th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	26th Chicken Parmesan over Spaghetti, Italy Vegetable Medley, and Peach Crisp	27th Tuna Sandwich, Lettuce, Tomato, Pickle, and Signature Potato Salad	28th Herb Crusted Pork Loin w/ Mushroom Gravy, Seasonal Vegetables, and Dinner Roll	29th <i>COA Holiday Closed</i>

**** 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.