

Menu Meals On Wheels

◆ **May 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 Chicken Fettuccine Alfredo, Broccoli, and Baked Peaches | 2nd Hamburger Steak smothered in Gravy, Seasonal Vegetables, and Rice | 3rd BBQ Chicken, Vegetable Medley, Baked Beans, and Dinner Roll | 4th Baked Ziti, Steamed Broccoli, and Peach Cobbler | 5th Tuna Sandwich, Lettuce, Tomato, Three Bean Salad, and Fresh Fruit |
| 8th Chicken Enchiladas, Beans & Rice, and Plantains | 9th Sweet & Sour Chicken, Baby Carrots, Sugar Snap Peas, and Rice | 10th Italian Pasta Salad on a Bed of Lettuce, Broccoli Salad, and Fresh Fruit | 11th BBQ Pulled Pork, Baked Beans, Corn, and Dinner Roll | 12th Turkey Salad Croissant w/ Lettuce Sliced Tomato, and Pickled Beet Salad |
| 15th Pot Roast, Mashed Potatoes, Gravy, Vegetable Medley, and Dinner Roll | 16th Stuffed Bell Peppers, Parsley Potatoes, and Seasonal Vegetables | 17th Herb Crusted Pork Loin, Mashed Potatoes, Mushroom Gravy, and Broccoli | 18th Baked Chicken, Okra & Tomatoes, Brown Rice, and Great Northern Beans | 19th Chicken Salad on a Bed of Crisp Lettuce, Grape Tomatoes, Cucumbers, Fresh Fruit, and Wafer Crackers |
| 22nd Beef Stew, Lima Beans, Baked Apples, and Biscuit | 23rd Spaghetti smothered in Italian Meat Sauce, Yellow Squash, and Italian Green Beans | 24th Chicken Taco Salad, Lettuce, Tomato, Onion, Salsa, and Corn Chips | 25th Oven Roasted Turkey, Stuffing, Gravy, Seasonal Vegetables, and Sweet Potatoes | 26th Beef, Peppers & Onion Stir-fry, Seasonal Vegetables, and Rice |
| 29th Memorial Day Closed | 30th All Beef Hot Dog, Sauerkraut, and Baked Beans | 31st Smoked Sausage & Rice, Baked Beans, and Baked Apples | | |

**** 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.