

# Menu

**Meals On Wheels ♦ May 2021 ♦ 209-3696**

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Baked Chicken, Carrots, Lima Beans and Rice	4th Hamburger Steak smothered in Gravy, Peas, Carrots, and Brown Rice	5th Chef Salad w/Turkey, Hard Boiled Egg, Cheese, Lettuce, Tomato, Cucumber, and Macaroni Salad	6th Baked Ziti, Broccoli, and Peach Crisp	7th Tuna Salad Sandwich on Rye, Lettuce, Tomato, Potato Salad, and Fresh Fruit
10th BBQ Chicken, Seasonal Vegetables, and Baked Beans	11th Baked Ham, Sweet Potatoes, Cabbage, and Dinner Roll	12th Roast Beef Salad, Cheese, Lettuce, Tomato, Cucumber, and Cole Slaw	13th Smoked Sausage on a Bun, Peppers & Onions Baked Beans, and Peach Crisp	14th Grilled Chicken Sandwich, Lettuce, Tomato, Pickle, and Pasta Salad
17th Sloppy Joe, Roasted Potatoes Wedges, and Corn	18th Aussie Chicken, Sautéed Spinach, Carrots, and Dinner Roll	19th Baked Fish, Squash, Scalloped Potatoes, and Dinner Roll	20th BBQ Pork Sandwich, Baked Beans, and Corn	21st Chicken Taco Salad, Lettuce, Tomato, Black Olives, Corn Chips, and Salsa
24th Meatballs over Egg Noodles, and Seasonal Vegetables	25th Spaghetti smothered in Italian Meat Sauce, Squash, and Italian Green Beans	26th Chicken Salad served on a bed of Crisp Greens, Tomatoes, Cucumbers, and Captain Wafer Crackers	27th Oven Roasted Turkey, Gravy, Sweet Potatoes, Seasonal Vegetables, and Dinner Roll	28th Baked Fish, Seasonal Vegetables, and Brown Rice
31st <i>COA CLOSED In Observance of Memorial Day!</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.