

# Menu

Meals On Wheels ♦ November 2020 ♦ 209-3696

**Meal deliveries Monday, Wednesday, and Friday**

**Menus are subjected to change.**

<i>Monday</i>	<i>Wednesday</i>	<i>Friday</i>
2nd Chicken Pot Pie served over a biscuit, Fresh Broccoli, and Yellow Squash Baked Ziti, Italian Green Beans, and Baked Peaches	4th Salisbury Steak, Mashed Potatoes, and Carrots BBQ Chicken, Baked Beans, and Sweet White Corn	6th Herb Crusted Pork Loin, Scalloped Potatoes, and Brussel Sprouts
9th Beef Tips and Gravy Chicken Picatta Spaghetti and Italian Meat Sauce Crab Noodle Casserole	11th <b><i>Veteran's Day COA is Closed</i></b>  <b><i>No meal delivery</i></b>	13th Shepard's Pie, English Peas, and Baked Apples
16th Chili, Confetti Corn, and Brown Rice Beef Cubed Steak Smothered in Mushroom & Gravy, Mashed Potatoes, and Carrots	18th Baked Cod w/Garlic & Butter Sauce, Broccoli, and Potatoes Au Gratin Chicken Cacciatore over Linguine, and Garden Vegetable Medley	20th Pulled Pork, Collard Greens, Macaroni & Cheese, and Peach Crisp
23rd Sausage Pilau, Vegetable Medley, Cherry Cobbler Meatloaf, Mashed Potatoes, Gravy, Broccoli	25th Pesto Chicken Pasta Swedish Meatballs <b><i>Roasted Turkey, Candied Yams, Green Beans Casserole, and Stuffing</i></b>	27th <b><i>Thanksgiving COA Holiday Closed</i></b>  <b><i>No meal delivery</i></b>
30th Stuffed Ravioli, Capri Vegetable Blend, and Peach Crisp Sweet and Sour Chicken, Steamed Rice, and Vegetables	<b><i>December 1<sup>st</sup></i></b> Baked Ham topped with Pineapple Scalloped Potatoes, and Carrot Coins Creamed Beef over Eggs Noodles, and Seasonal Vegetables	<b><i>December 2<sup>nd</sup></i></b> Pot Roast, Mashed Potatoes, Gravy, and Seasonal Vegetables

*\* 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.