

Menu

Meals On Wheels ♦ November 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Goulash, and Seasonal Vegetables	2nd Herb Crusted Pork Loin, Gravy, Scalloped Potatoes, Confetti Corn, and Dinner Roll	3rd Crispy Breaded Chicken Thighs, Southern Greens, Black- eyed Peas, and Cornbread	4th Hearty Beef Stew, Seasonal Vegetables, and Dinner Roll
7th Herby Chicken Pot Pie with Biscuit Crust, and Seasonal Vegetables	8th Hamburger Steak, Roasted Potatoes, and Seasonal Vegetables	9th Aussie Chicken, Roasted Potatoes, Seasonal Vegetables, and Dinner Roll	10th Spaghetti smothered in Italian Meat Sauce, and Seasonal Vegetables	11th COA Closed in Observance of Veterans Day
14th All Beef Hot Dog, Sauerkraut, and Baked Beans	15th Cubed Steak, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	16th Home-style Chili, Seasonal Vegetable, and Rice	17th Breaded Fish, Potatoes Au Gratin, Seasonal Vegetables, and Dinner Roll	18th Chicken Club Pasta Salad served on a bed of Lettuce, and Fresh Fruit
21st Pork Marsala, Mashed Potatoes, Green Bean, and Dinner Roll	22nd Sausage Pilau, Vegetable Medley, and Cherry Cobbler	23rd Turkey, Stuffing, Gravy, Candied Yams, Vegetable Medley, Dinner Roll, and Pie	24th COA Closed Happy Thanksgiving	25th COA Closed Happy Thanksgiving
28th Stuffed Peppers, Parsley Potatoes, and Seasonal Vegetables	29th Pot Roast, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	30th Lasagna with Italian Meat Sauce, 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.