

Menu

Meals On Wheels ♦ November 2021 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
1st Herb Crusted Pork Loin, Gravy, Potatoes Au Gratin, Confetti Corn, and Dinner Roll	2nd Spaghetti smothered in Italian Meat Sauce, Carrots, and Baked Apples	3rd All Beef Hot served on a Bun, Sauerkraut, and Baked Beans	4th Open Faced Turkey Sandwich, Mashed Potatoes, Gravy, and Squash	5th Aussie Chicken, Oven Roasted Potatoes, Spinach, and Dinner Roll
8th Sliced Pork, Collard Greens, and Macaroni & Cheese	9th Baked Fish, Potatoes Au Gratin, Broccoli, and Dinner Roll	10th Home-style Chili, Seasonal Vegetable, and Rice	11th COA Closed Veterans Day!	12th Beef Cubed Steak smothered in Sautéed Mushrooms, Onions, Mashed Potatoes, Gravy Carrot Coins, and Dinner Roll
15th Chicken Cacciatore over Pasta, Vegetable Medley, and Peach Crisp	16th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	17th Pesto Chicken Pasta, Seasonal Vegetables, and Carrot Coins	18th BBQ Pork Sandwich, Cabbage, and Tater Tots	19th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll
22nd Chicken Enchiladas, Cheese, Salsa, Black Beans, and Rice	23rd Beef Stroganoff over Egg Noodles, Cauliflower, and Pea's	24th Oven Roasted Turkey, Stuffing, Mashed Potatoes, Green Bean Casserole, and Pumpkin Pie	25th COA Closed Thanksgiving	26th COA Closed Thanksgiving
29th Sweet & Sour Chicken, Oriental Vegetables, Steamed Rice, and Pineapple	30th Baked Ziti smothered in an Italian Meat Sauce, Italian Green Beans, and Peach Cobbler			

** 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.