

Menu

Meals On Wheels ♦ October 2021 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1st Home Style Meatloaf, Scalloped Potatoes, Green Beans, and Dinner Roll
4th Baked Chicken, Mashed Potatoes, Vegetable Medley, and Dinner Roll	5th Home-style Chili, Seasonal Vegetable, and Crackers	6th Tuna Salad Sandwich, Lettuce, Tomato, Pickle Spear, and Signature Potato Salad	7th Beef Cubed Steak smothered in Sautéed Mushrooms, Onions, Mashed Potatoes, Gravy Carrot Coins, and Dinner Roll	8th Chicken Club Pasta Salad served on a bed of Lettuce, and Fresh Fruit
11th Pulled Pork, Southern Greens, and Macaroni & Cheese	12th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	13th Grilled Chicken served on Fresh Spinach, Tomatoes, Cucumbers, and Pea Salad	14th Oven Roasted Turkey, Stuffing, Gravy, Broccoli, and Fresh Sweet Potato	15th Chicken Enchiladas, Black Beans, and Rice
18th Meatloaf, Mashed Potatoes, Gravy, Green Beans, and Dinner Roll	19th Stuffed Beef Ravioli Smothered in Marinara Sauce, Italian Vegetable Medley, and Peach Crisp	20th Ham & Cheese Pasta Salad, Tomato & Cucumber Salad, and Fresh Fruit	21st Sweet & Sour Chicken, Oriental Vegetables, Steamed Rice, and Egg Roll	22nd Grilled Chicken Taco Salad, Lettuce, Tomato, Black Olives, Corn Chips, and Salsa
25th Pot Roast, Mashed Potatoes, Green Beans, and Dinner Roll	26th Chicken Pot Pie, Broccoli, Squash, and Biscuit	27th Baked Ziti smothered in an Italian Meat Sauce and Seasonal Vegetables	28th Baked Chicken, Black-eyed Peas, Collard Greens, and Corn Bread	29th Hungarian Goulash over Egg Noodles, 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.