

Menu

Meals On Wheels ♦ October 2022 ♦ 209-3696

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

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Chicken Teriyaki, Seasonal Vegetables, and Rice	4th Stuffed Peppers, Parsley Potatoes, Season Vegetables, and Roll	5th Chicken Tenders Seasonal Vegetables, and Roll	6th Roasted Pork, Rice, Gravy, and Seasonal Vegetables	7th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Roll
10th Lasagna w/ Italian Meat Sauce, Garden Vegetables, and Baked Apples	11th Chicken Club Pasta Salad served on a bed of Lettuce, and Fresh Fruit	12th Home-style Chili, Seasonal Vegetable, and Rice	13th Tuna Salad Sandwich, Lettuce, Tomato, Pickle Spear, and Pasta Salad	14th Pulled Pork, Seasonal Vegetables, and Macaroni & Cheese
17th Cubed Steak smothered in Mushrooms and Onions, Gravy, Mashed Potatoes, Carrots, and Roll	18th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	19th Roasted Turkey, Fresh Sweet Potato, and Seasonal Vegetables	20th Egg Salad Croissant, Lettuce, Tomato, and Signature Potato Salad	21st Fish Sandwich, Green Beans, and Roasted Potato Wedges
24th Pork Fajita's, Peppers & Onions, Cheese, Salsa, Black Beans, and Rice	25th Spaghetti w/ Italian Meat Sauce, Green Beans, and Peach Crisp	26th Ham & Cheese Pasta Salad, Tomato & Cucumber Salad, and Fresh Fruit	27th Pot Roast smothered in Gravy, Mashed Potatoes, Vegetable Medley, and Dinner Roll	28th Beef Empanada's, Salsa, Plantains, and Rice
31st Teriyaki Chicken, Seasonal Vegetables, Steamed Rice, and Egg Roll				

** 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.