

**Menu**  
**Meals On Wheels**  
**◆ September 2024 ◆**  
**209-3693**

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

***\*All menu items are subject to change according to availability.\****

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2nd COA Closed Labor Day!	3rd All Beef Hot Dog, Sauerkraut, and Baked Beans	4th Spaghetti w/ Italian Meat Sauce, Green Beans, Peach Crisp, and Dinner Roll	5th Grilled Chicken Wrap w/ Lettuce, Tomato, and Potato Salad	6th Ham & Cheese Sandwich, Lettuce, Tomato, Pickle Chips, and Pea Salad
9th Baked Fish, Parsley Potatoes, Seasonal Vegetables, and Dinner Roll	10th Rigatoni, Seasonal Vegetables, and Cauliflower	12th Pulled Pork Sandwich, Corn, and Baked Beans	13th BBQ Chicken, Summer Squash, and Seasonal Vegetables	14th Chicken Taco Salad, Lettuce, Tomato, Onion, Corn Chips, and Salsa
16th Hamburger Steak smothered in Gravy, Roasted Potatoes, Carrot Coins, and Dinner Roll	17th Oven Fried Chicken Tenders, Collard Greens, and Macaroni & Cheese	18th Spaghetti & Meatballs, Vegetable Medley, and Apple Cobbler	19th Pot Roast, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	20th Chicken Salad on a Bed of Lettuce, Tomatoes Wedges, Carrot, and Captain Wafer Crackers
23rd Roasted Pork, Parsley Potatoes, Seasonal Vegetables, and Dinner Roll	24th Turkey Tetrazzini, Broccoli Normandy, and Beets	25th Breaded Fillet of Fish, Summer Squash, Lima Beans, and Cornbread	26th Chef Salad w/Turkey, Cheese, Hard Boiled Egg, Lettuce, Tomato, Cucumbers, and Crackers	27th Baked Ham topped with Pineapple, Seasonal Vegetables, and Dinner Roll
30th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner 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.