

Menu
Meals On Wheels
◆ September 2023 ◆
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.****

Monday	Tuesday	Wednesday	Thursday	Friday
				1st Tuna Salad on a Bed of Lettuce, Tomato, Carrots, and Macaroni Salad
4th COA Holiday Closed Labor Day	5th Pulled Pork Sandwich, Baked Beans, and Seasonal Vegetables	6th Spaghetti smothered in Italian Meat Sauce, Seasonal Vegetables, and Garlic Bread	7th Ham & Cheese Sandwich w/ Lettuce, Tomato, Pickle Chips, and English Pea Salad	8th Grilled Chicken & Cheddar Cheese Wrap w/ Lettuce, Chopped Tomato, Pickle Spear, and Signature Potato Salad
11th Fillet of Fish, Parsley Potatoes, Seasonal Vegetables, and Dinner Roll	12th Hamburger Steak smothered in Gravy, Roasted Potatoes, Carrot Coins, and Dinner Roll	13th BBQ Chicken, Squash Medley, Corn, and Dinner Roll	14th Chicken Taco Salad, Lettuce, Tomato, Diced Tomato, Onion, Salsa, and Corn Chips	15th Sausage Rigatoni, and Seasonal Vegetables
18th Beef Tips & Gravy over Egg Noodles, and Seasonal Vegetables	19th Oven Fried Chicken, Collard Greens, and Macaroni & Cheese	20th Spaghetti & Meatballs, Vegetable Medley, Peach Crisp	21st All Beef Hot Dog, Sauerkraut, and Baked Beans	22nd Chicken Salad on a Bed of Lettuce, Tomatoes Wedges, Carrot, and Captain Wafer Crackers
25th Pot Roast, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	26th Baked Ham topped with Pineapple, Seasonal Vegetables, and Dinner Roll	27th Breaded Fillet of Fish, Summer Squash, Lima Beans, and Cornbread	28th Chef Salad w/Turkey, Cheese, Hard Boiled Egg, Lettuce, Tomato, Cucumbers, and Crackers	29th Turkey Tetrazzini, Broccoli Normandy, and Harvard Beets

** 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.