

COUNCIL ON AGING~MEALS ON WHEELS MENU~ OCTOBER 2020 ~ (386) 253-4700 *248

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		OCTOBER 1		OCTOBER 2
	 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 	<u>Sliced Cuban Pork w/ Sofrito</u> Black Beans Green Beans Whole Wheat Bread w/ Margarine Cup Cinnamon Apples 1% Low Fat Milk	<u>Baked Chicken Thigh</u> Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk
OCTOBER 5	OCTOBER 6	OCTOBER 7	OCTOBER 8	OCTOBER 9
<u>Beef Teriyaki</u> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<u>Chicken Salad</u> Broccoli Salad Cucumber & Tomato Salad Whole Wheat Bread Graham Crackers Orange Juice 1% Low Fat Milk	<u>Meatloaf w/ Apple Brown Gravy</u> Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk	<u>Chicken Caesar Salad w/ Caesar Dressing</u> Carrot Raisin Salad Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	<u>Bratwurst w/ Beer Mustard</u> Red Cabbage Hot German Potato Salad Rye Bread Special Holiday Dessert 1% Low Fat Milk OKTOBERFEST CELEBRATION!
OCTOBER 12	OCTOBER 13	OCTOBER 14	OCTOBER 15	OCTOBER 16
<u>Smoked Sausage Meal</u> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)	<u>Seasoned Grilled Chicken Breast w/ Country Pepper Gravy</u> Yellow Rice w/ Mixed Vegetables Green Beans Whole Grain Bread w/ Margarine Cup Blended Juice 1% Low Fat Milk	<u>Cheese Omelet</u> Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!	<u>Italian Chicken Pasta Salad w/ Italian Dressing</u> Spring Mix Salad Beet & Onion Salad Whole Grain Bread & Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Baked Lemon Pepper Chicken</u> Winter Mix Vegetables, (Broccoli & Cauliflower) White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk
OCTOBER 19	OCTOBER 20	OCTOBER 21	OCTOBER 22	OCTOBER 23
<u>Roast Pork Loin w/ Mojito Sauce</u> Green Peas California Vegetable Blend Whole Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Pasta and Meat Sauce</u> Mixed Vegetable Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<u>Beef Riblet w/ Apple Brown Gravy</u> Squash Medley Mashed Potatoes Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	<u>Chicken Breast w/ Florentine Sauce</u> Spinach Brown Rice Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<u>Chili-Cheese Hot Dog</u> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Mushrooms, Peppers, & Onions Fresh Fruit 1% Low Fat Milk
OCTOBER 26	OCTOBER 27	OCTOBER 28	OCTOBER 29	OCTOBER 30
<u>BBQ Chicken Quarter w/ BBQ Sauce</u> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<u>Breakfast Sausage Casserole</u> Diced Sweet Potatoes Green Peas Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk (sausage contains pork and beef)	<u>Chef Salad w/ Ranch Dressing</u> (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk	<u>Sliced Cuban Pork w/ Sofrito</u> Black Beans Green Beans Whole Wheat Bread w/ Margarine Cup Cinnamon Apples 1% Low Fat Milk	<u>Witch's Stew (Beef, Mixed Vegetables, & Onions)</u> Mashed Potatoes Green Peas Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk HALLOWEEN CELEBRATION!

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