

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6
<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>Cheeseburger</u> (Hamburger Patty, Cheese Slice, Whole Grain Bun) Potato Wedges Mushrooms 1 pkt. each Ketchup and Mustard Fresh Fruit 1% Low Fat Milk
NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13
<u>Smoked Sausage</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 <p style="text-align: center; color: blue;">BIRTHDAY CELEBRATION!</p>	<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
NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20
<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 Vegetables 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
NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27
<u>BBQ Chicken Quarter w/ BBQ Sauce</u> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<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 Turkey & Gravy</u> Cornbread Stuffing Green Beans with Red Pepper Dinner Roll w/ Margarine Cup Cranberry Sauce Special Holiday Dessert 1% Low Fat Milk <p style="text-align: center; color: blue;">THANKSGIVING CELEBRATION!</p>		<p>SITES AND COA OFFICES CLOSED DUE TO THANKSGIVING HOLIDAY.</p>
NOVEMBER 30	NOVEMBER 30	NOVEMBER 30	NOVEMBER 30	NOVEMBER 30
<u>Beef Teriyaki</u> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> 		 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	<p>*** EXCLUDES HOLLY HILL, ORMOND BEACH AND DAYTONA BEACH</p>



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NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13
<u>Smoked Sausage</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	DELTONA DINING SITE CLOSED IN OBSERVANCE OF VETERAN'S DAY.	<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
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<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 Vegetables 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
NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27
<u>BBQ Chicken Quarter w/ BBQ Sauce</u> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<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 Turkey & Gravy</u> Cornbread Stuffing Green Beans with Red Pepper Dinner Roll w/ Margarine Cup Cranberry Sauce Special Holiday Dessert 1% Low Fat Milk THANKSGIVING CELEBRATION!		SITES AND COA OFFICES CLOSED DUE TO THANKSGIVING HOLIDAY.
NOVEMBER 30	NOVEMBER 30	NOVEMBER 30	NOVEMBER 30	NOVEMBER 30
<u>Beef Teriyaki</u> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 		 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	DELTONA ONLY

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Beef Teriyaki Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	NO MEAL DELIVERY	Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk	NO MEAL DELIVERY	Cheeseburger (Hamburger Patty, Cheese Slice, Whole Grain Bun) Potato Wedges Mushrooms 1 pkt. each Ketchup and Mustard Fresh Fruit 1% Low Fat Milk
NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13
Smoked Sausage Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)	NO MEAL DELIVERY	Cheese Omelet Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!	NO MEAL DELIVERY	Baked Lemon Pepper Chicken Winter Mix Vegetables, (Broccoli & Cauliflower) White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk
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Roast Pork Loin w/ Mojito Sauce Green Peas California Vegetable Blend Whole Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk	NO MEAL DELIVERY	Beef Riblet w/ Apple Brown Gravy Squash Medley Mashed Potatoes Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	NO MEAL DELIVERY	Chili-Cheese Hot Dog Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Mushrooms, Peppers, & Onions Fresh Fruit 1% Low Fat Milk
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BBQ Chicken Quarter w/ BBQ Sauce Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	NO MEAL DELIVERY	Sliced Turkey & Gravy Cornbread Stuffing Green Beans with Red Pepper Dinner Roll w/ Margarine Cup Cranberry Sauce Special Holiday Dessert 1% Low Fat Milk THANKSGIVING CELEBRATION!		SITES AND COA OFFICES CLOSED DUE TO THANKSGIVING HOLIDAY.
NOVEMBER 30				
Beef Teriyaki Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	NO MEAL DELIVERY		 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	DAYTONA ONLY MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 

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