

# COUNCIL ON AGING~SENIOR NEIGHBORHOOD DINING MENU~ NOVEMBER 2020

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	<b>SITE CLOSED                      DUE TO VOTING</b>	<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 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
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 &amp; 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!		<b>SITES AND COA OFFICES                      CLOSED DUE TO                      THANKSGIVING HOLIDAY.</b>
NOVEMBER 30				
<u>Beef Teriyaki</u> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<b>MENU IS SUBJECT TO                      CHANGE                      WITHOUT NOTICE</b>  		 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a>	<b>HOLLY HILL                      &amp; ORMOND BEACH</b>

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<p><b><u>BBQ Chicken Quarter w/ BBQ Sauce</u></b> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p><b><u>Chef Salad w/ Ranch Dressing</u></b> (Sliced Turkey &amp; Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</p>	<p><b><u>Sliced Turkey &amp; Gravy</u></b> Cornbread Stuffing Green Beans with Red Pepper Dinner Roll w/ Margarine Cup Cranberry Sauce Special Holiday Dessert 1% Low Fat Milk <b>THANKSGIVING CELEBRATION!</b></p>		<p><b>SITES AND COA OFFICES CLOSED DUE TO THANKSGIVING HOLIDAY.</b></p>
NOVEMBER 30	<p><b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p> 		 <p>A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a></p>	<p><b>** excludes HOLLY HILL &amp; ORMOND BEACH</b></p>

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