




EXCLUDING DAYTONA BEACH, DELTONA AND ORMOND BEACH

COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING ~ DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4
 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	<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
DECEMBER 7	DECEMBER 8	DECEMBER 9	DECEMBER 10	DECEMBER 11
<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 <div style="text-align: center; color: green; font-weight: bold;">BIRTHDAY CELEBRATION!</div>	<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
DECEMBER 14	DECEMBER 15	DECEMBER 16	DECEMBER 17	DECEMBER 18
<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>Sliced Roast Beef w/ Horseradish Sauce</u> Diced Sweet Potatoes Green Bean Almondine Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk <div style="text-align: right; color: red; font-weight: bold;">WINTER CELEBRATION!</div>
DECEMBER 21	DECEMBER 22	DECEMBER 23	DECEMBER 24	DECEMBER 25
<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 with Margarine Cup Pineapple 1% Low Fat Milk (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 with Sofrito</u> Black Beans Green Beans Whole Wheat Bread with Margarine Cup Cinnamon Apples 1% Low Fat Milk	SITES AND COA OFFICES CLOSED. 
DECEMBER 28	DECEMBER 29	DECEMBER 30	DECEMBER 31	
<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>Pulled Pork with Orange Glaze</u> Southern Style Turnip Greens Hoppin' Johns Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk <div style="text-align: center; color: green; font-weight: bold;">NEW YEAR'S EVE CELEBRATION!</div>	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 

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 <p>A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	<p>Chicken Salad Broccoli Salad Cucumber & Tomato Salad Whole Wheat Bread Graham Crackers Orange Juice 1% Low Fat Milk</p>	<p>Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk</p>	<p>Chicken Caesar Salad w/ Caesar Dressing Carrot Raisin Salad Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk</p>	<p>Cheeseburger (Hamburger Patty, Cheese Slice, Whole Grain Bun) Potato Wedges Mushrooms 1 pkt. each Ketchup and Mustard Fresh Fruit & 1% Low Fat Milk</p>
DECEMBER 7	DECEMBER 8	DECEMBER 9	DECEMBER 10	DECEMBER 11
<p>Smoked Sausage Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)</p>	<p>Seasoned Grilled Chicken Breast w/ Country Pepper Gravy Yellow Rice w/ Mixed Vegetables Green Beans Whole Grain Bread w/ Margarine Cup Blended Juice 1% Low Fat Milk</p>	<p>Cheese Omelet Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!</p>	<p>Italian Chicken Pasta Salad w/ Italian Dressing Spring Mix Salad Beet & Onion Salad Whole Grain Bread & Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p>Baked Lemon Pepper Chicken Winter Mix Vegetables, (Broccoli & Cauliflower) White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk</p>
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<p>BBQ Chicken Quarter w/ BBQ Sauce Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p>Breakfast Sausage Casserole Diced Sweet Potatoes Green Peas Whole Wheat Bread with Margarine Cup Pineapple 1% Low Fat Milk (contains pork and beef)</p>	<p>Chef Salad w/ Ranch Dressing (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</p>	<p>SITE CLOSED</p>	<p>SITES AND COA OFFICES CLOSED.</p> 
DECEMBER 28	DECEMBER 29	DECEMBER 30	DECEMBER 31	
<p>Beef Teriyaki Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p>Chicken Salad Broccoli Salad Cucumber & Tomato Salad Whole Wheat Bread Graham Crackers Orange Juice 1% Low Fat Milk</p>	<p>Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk</p>	<p>Pulled Pork with Orange Glaze Southern Style Turnip Greens Hoppin' Johns Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk NEW YEAR'S EVE CELEBRATION!</p>	<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> 