





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DECEMBER 1	DECEMBER 2	DECEMBER 3	DECEMBER 4
 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	NO MEAL DELIVERY FROZEN MEAL SENT ON MONDAY	Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk	NO MEAL DELIVERY FROZEN MEAL SENT ON WEDNESDAY	Cheeseburger (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
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 FROZEN MEAL SENT ON MONDAY	Cheese Omelet Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!	NO MEAL DELIVERY FROZEN MEAL SENT ON WEDNESDAY	Baked Lemon Pepper Chicken 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
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 FROZEN MEAL SENT ON MONDAY	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 FROZEN MEAL SENT ON WEDNESDAY	Sliced Roast Beef w/ Horseradish Sauce Diced Sweet Potatoes Green Bean Almondine Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk WINTER CELEBRATION!
DECEMBER 21	DECEMBER 22	DECEMBER 23	DECEMBER 24	DECEMBER 25
BBQ Chicken Quarter w/ BBQ Sauce Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	NO MEAL DELIVERY FROZEN MEAL SENT ON MONDAY	Chef Salad w/ Ranch Dressing (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk	NO MEAL DELIVERY FROZEN MEAL SENT ON WEDNESDAY	SITES AND COA OFFICES CLOSED. 
DECEMBER 28	DECEMBER 29	DECEMBER 30	DECEMBER 31	
Beef Teriyaki Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	NO MEAL DELIVERY FROZEN MEAL SENT ON MONDAY	Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk	NO MEAL DELIVERY FROZEN MEAL SENT ON WEDNESDAY	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 

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DECEMBER 1				
 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 2			
DECEMBER 3				
DECEMBER 4				
DECEMBER 7				
<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
DECEMBER 8				
DECEMBER 9				
DECEMBER 10				
DECEMBER 11				
DECEMBER 14				
<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 WINTER CELEBRATION!
DECEMBER 15				
DECEMBER 16				
DECEMBER 17				
DECEMBER 18				
DECEMBER 21				
<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	SITE CLOSED	
DECEMBER 22				
DECEMBER 23				
DECEMBER 24				
DECEMBER 25				
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 NEW YEAR'S EVE CELEBRATION!	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 

EXCLUDING DAYTONA BEACH, DELTONA AND ORMOND BEACH

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DECEMBER 7	DECEMBER 8	DECEMBER 9	DECEMBER 10	DECEMBER 11
Smoked Sausage Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)	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	Cheese Omelet Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!	Italian Chicken Pasta Salad w/ Italian Dressing Spring Mix Salad Beet & Onion Salad Whole Grain Bread & Margarine Cup Mandarin Oranges 1% Low Fat Milk	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	Pasta and Meat Sauce Mixed Vegetables Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	Beef Riblet w/ Apple Brown Gravy Squash Medley Mashed Potatoes Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	Chicken Breast w/ Florentine Sauce Spinach Brown Rice Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	Sliced Roast Beef w/ Horseradish Sauce Diced Sweet Potatoes Green Bean Almondine Dinner Roll w/ Margarine Cup Special Holiday Dessert 1% Low Fat Milk WINTER CELEBRATION!
DECEMBER 21	DECEMBER 22	DECEMBER 23	DECEMBER 24	DECEMBER 25
BBQ Chicken Quarter w/ BBQ Sauce Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	Breakfast Sausage Casserole Diced Sweet Potatoes Green Peas Whole Wheat Bread with Margarine Cup Pineapple 1% Low Fat Milk (contains pork and beef)	Chef Salad w/ Ranch Dressing (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk	Sliced Cuban Pork with Sofrito 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	
Beef Teriyaki Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	Chicken Salad Broccoli Salad Cucumber & Tomato Salad Whole Wheat Bread Graham Crackers Orange Juice 1% Low Fat Milk	Meatloaf w/ Apple Brown Gravy Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk	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!	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE 