

COUNCIL ON AGING - SENIOR NEIGHBORHOOD DINING MENU - JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> 	 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>			<p>ALL SITES AND OFFICES CLOSED. HAPPY NEW YEAR!</p> 
JANUARY 4	JANUARY 5	JANUARY 6	JANUARY 7	JANUARY 8
<p><u>Grilled Chicken w/ Parmesan Sauce</u> Brown Rice Flat Beans Whole Grain Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Sliced Pork w/ Sweet & Sour Sauce</u> Carrot Coins Green Peas Whole Wheat Bread w/ Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk</p>	<p><u>Beef Riblet w/ Apple Brown Gravy</u> Mixed Vegetables Broccoli Whole Grain Bread w/ Margarine Cup Cinnamon Applesauce 1% Low Fat Milk</p>	<p><u>Chicken Salad</u> Pea & Cheese Salad Potato Salad Whole Wheat Roll w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p><u>Swedish Meatballs w/ A La King Sauce & Egg Noodles</u> Spinach Harvard Beets Whole Grain Bread w/ Margarine Cup Fresh Apple 1% Low Fat Milk</p>
JANUARY 11	JANUARY 12	JANUARY 13	JANUARY 14	JANUARY 15
<p><u>Baked Chicken Thigh</u> Yellow Corn Green Beans Almondine Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk</p>	<p><u>Hamburger</u> (Beef Patty, Sliced Cheese, Whole Grain Hamburger Bun) Mushrooms, Peppers, & Onions Potato Wedges Ketchup/Mustard Pineapple 1% Low Fat Milk</p>	<p><u>Diced Chicken w/ Peppers, Onions, & Green Peas</u> Yellow Rice Mixed Vegetables Whole Grain Bread w/ Margarine Cups Mandarin Oranges 1% Low Fat Milk <i>BIRTHDAY CELEBRATION!</i></p>	<p><u>Breaded Pollack w/ Tartar Sauce</u> Winter Vegetable Medley Diced Butternut Squash Whole Wheat Bread w/ Margarine Cup Peaches 1% Low Fat Milk</p>	<p><u>Chili-Cheese Hot Dog</u> Three Bean Chili topped w/ Shredded Cheese Broccoli Parslied Diced Potatoes Whole Grain Hot Dog Bun Fresh Oranges 1% Low Fat Milk</p>
JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21	JANUARY 22
<p><u>ALL SITES & OFFICES CLOSED.</u> <u>DR. MARTIN LUTHER KING HOLIDAY.</u></p> 	<p><u>Smoked Sausage Meal</u> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mandarin Oranges Mini Moon Pie 1% Low Fat Milk</p>	<p><u>Chicken Teriyaki</u> Brown Rice Asian Vegetable Medley Whole Wheat Bread w/ Margarine Cups Pineapple 1% Low Fat Milk</p>	<p><u>Pasta Primavera</u> Glazed Carrots Broccoli Whole Grain Bread w/ Margarine Cup Blended Juice 1% Low Fat Milk</p>	<p><u>Chicken Caesar Salad w/ Caesar Dressing and Parmesan Cheese</u> Beet & Onion Salad Three Bean Salad Whole Grain Roll w/ Margarine Cup Fresh Banana 1% Low Fat Milk</p>
JANUARY 25	JANUARY 26	JANUARY 27	JANUARY 28	JANUARY 29
<p><u>Sliced Cuban Pork w/ Sofrito</u> Black Beans and Yellow Rice Broccoli Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk</p>	<p><u>Chicken Breast w/ Coq au Vin Sauce</u> Mashed Potatoes Green Beans Italian Bread w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p><u>Cheese Lasagna</u> Garlic Spinach Carrot Coins Whole Wheat Dinner Roll w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p><u>Mixed Green Salad w/ Ranch Dressing</u> Mixed Greens w/ Diced Chicken Shredded Cheese Whole Grain Bread w/ Margarine Cup Raisins 1% Low Fat Milk</p>	<p><u>Beef Stroganoff Casserole</u> Rutabaga & Carrot Mix Squash & Pepper Medley Whole Wheat Bread w/ Margarine Cup Fresh Mixed Fruit 1% Low Fat Milk</p>