

# COUNCIL ON AGING - MEALS ON WHEELS MENU-386-253-4700 \*248 - JANUARY 2021

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