


COUNCIL ON AGING MEALS ON WHEELS - OCTOBER 2018

MONDAY OCTOBER 1	TUESDAY OCTOBER 2	WEDNESDAY OCTOBER 3	THURSDAY OCTOBER 4	FRIDAY OCTOBER 5
JAMBALAYA CARROTS GREEN BEANS SL. WHOLE GRAIN BREAD MARGARINE CUP MIXED FRUIT 1% LOW FAT MILK	BBQ PORK RIBLET w/ BBQ SAUCE DICED SWEET POTATOES COLLARD GREENS w/ TURKEY HAM CORN MUFFIN APPLESAUCE 1% LOW FAT MILK	BREADED POLLACK CHEESE GRITS STEWED TOMATOES 1 PKT. TARTAR SAUCE WHOLE GRAIN ROLL PINEAPPLE 1% LOW FAT MILK	CHEESEBURGER BAKED BEANS TATER TOTS 1 PKT. EACH KETCHUP & MUSTARD HAMBURGER BUN BLENDED JUICE 1% LOW FAT MILK	SAUSAGE BOILED CABBAGE & CARROTS HOT GERMAN POTATO SALAD WHOLE GRAIN HOT DOG BUN 1 PKT. MUSTARD BLUEBERRY COBLER 1% LOW FAT MILK <i>OKTOBERFEST CELEBRATION</i>
OCTOBER 8	OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12
CHILI DOG CHOPPED ONION SHREDDED CHEESE WHOLE GRAIN HOT DOG BUN BAKED APPLE w/ RAISINS GRAHAM CRACKERS 1% LOW FAT MILK	BAKED CHICKEN THIGH w/ LEMON PEPPER SAUCE SPINACH YELLOW CORN DINNER ROLL OATMEAL RAISIN COOKIE GRAPE JUICE 1% LOW FAT MILK	SLICED ROAST BEEF w/ BROWN GRAVY MASHED POTATOES CARROT COINS WHOLE GRAIN ROLL MARGARINE CUP APPLESAUCE 1% LOW FAT MILK	GRILLED CHICKEN w/ SWEET & SOUR SAUCE BROWN RICE ORIENTAL BLEND VEGETABLES SL. WHOLE GRAIN BREAD MARGARINE CUP MANDARIN ORANGES 1% LOW FAT MILK	STUFFED PEPPERS RUTABAGA w/ RED PEPPERS WINTER MIX VEGETABLES SL. WHOLE GRAIN BREAD 2 MARGARINE CUPS FRESH FRUIT IN SEASON 1% LOW FAT MILK
OCTOBER 15	OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19
MEATBALLS w/ SWEDISH SAUCE OVER CAVATAPPI PASTA ZUCCHINI CASSEROLE SL. WHOLE GRAIN BREAD MARGARINE CUP WARM SPICED PEACHES 1% LOW FAT MILK	GRILLED CHICKEN w/ CACCIATORE SAUCE POTATO WEDGES FLAT BEANS SL. ITALIAN BREAD MARGARINE CUP BLENDED JUICE 1% LOW FAT MILK	SMOKED SAUSAGE GERMAN POTATO SALAD CABBAGE & CARROTS WHOLE GRAIN HOT DOG BUN 1 PKT. MUSTARD 1 PKG. RAISINS 1% LOW FAT MILK	HOMESTYLE MEATLOAF w/ ONION GRAVY MASHED POTATOES GREEN BEANS SL. WHOLE WHEAT BREAD MARGARINE CUP PEARS 1% LOW FAT MILK	CHICKEN FAJITAS CHEESY PINTO BEANS SPANISH RICE WHOLE WHEAT FLOUR TORTILLA 1 PKT. SALSA FRESH FRUIT IN SEASON 1% LOW FAT MILK
OCTOBER 22	OCTOBER 23	OCTOBER 24	OCTOBER 25	OCTOBER 26
CUBAN SLICED ROAST PORK w/ SOFRITO BLACK BEANS YELLOW RICE CUBAN ROLL MANDARIN ORANGES 1% LOW FAT MILK	MACARONI & CHEESE BROCCOLI STEWED TOMATOES SL. WHOLE GRAIN BREAD MARGARINE CUP APPLESAUCE 1% LOW FAT MILK	CHICKEN STEW PEAS BROWN RICE BISCUIT 2 MARGARINE CUPS PINEAPPLE 1% LOW FAT MILK <i>BIRTHDAY CELEBRATION</i>	WESTERN OMELET POTATOES O'BRIEN CRANBERRY PEARS SL. WHOLE GRAIN BREAD MARGARINE CUP ORANGE JUICE 1% LOW FAT MILK	SLOPPY JOE SCALLOPED POTATOES LIMA BEANS HAMBURGER BUN FRESH FRUIT IN SEASON 1% LOW FAT MILK
OCTOBER 29	OCTOBER 30	OCTOBER 31	MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	
JAMBALAYA CARROTS GREEN BEANS SL. WHOLE GRAIN BREAD MARGARINE CUP MIXED FRUIT 1% LOW FAT MILK	BBQ PORK RIBLET w/ BBQ SAUCE DICED SWEET POTATOES COLLARD GREENS w/ TURKEY HAM CORN MUFFIN APPLESAUCE 1% LOW FAT MILK	WITCH'S STEW MASHED POTATOES GREEN PEAS DINNER ROLL MARGARINE CUP SPECIAL HOLIDAY DESSERT 1% LOW FAT MILK <i>HALLOWEEN CELEBRATION</i>	 <small>A NON-PROFIT SERVING VOLUSIA SENIORS</small> VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	
				<h1 style="margin: 0;">OCTOBER</h1> <h2 style="margin: 0;">2018</h2> 