





# COUNCIL ON AGING - SENIOR NEIGHBORHOOD DINING SITE MENU - FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 1	FEBRUARY 2	FEBRUARY 3	FEBRUARY 4	FEBRUARY 5
<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>
FEBRUARY 8	FEBRUARY 9	FEBRUARY 10	FEBRUARY 11	FEBRUARY 12
<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 style="color: red;">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>Spaghetti Vegetable Primavera w/ Chicken</u></b> Broccoli Parslied Diced Potatoes Italian Bread w/ Margarine Cup Special Holiday Dessert/Chocolate Cake 1% Low Fat Milk  <i style="color: red;">VALENTINE'S DAY CELEBRATION!</i></p>
FEBRUARY 15	FEBRUARY 16	FEBRUARY 17	FEBRUARY 18	FEBRUARY 19
<p><b>ALL COA OFFICES AND SITES ARE CLOSED IN OBSERVANCE OF PRESIDENT'S DAY.</b></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 Caesar Dressing Fresh Banana 1% Low Fat Milk</p>
FEBRUARY 22	FEBRUARY 23	FEBRUARY 24	FEBRUARY 25	FEBRUARY 26
<p><b><u>Sliced Cuban Pork w/ Sofrito</u></b> Yellow Rice and Black Beans Broccoli Margarine Cup Orange-Pineapple Juice 1% Low Fat Milk</p>	<p><b><u>Chicken Breast w/ Coq 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 Orange Juice 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>
	<p>FROM EVERYONE AT COA, HAVE A HAPPY AND HEALTHY VALENTINE'S DAY!</p>		<p><b>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</b></p> 	 <p>A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a></p>