





COUNCIL ON AGING - MEALS ON WHEELS MENU-386-253-4700 *248 - FEBRUARY 2021

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