




# COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING SITE MENU ~ APRIL 2021

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <p><b>APRIL 2021</b></p>  <p>GAfoods</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>                |  <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT<br/><a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a></p> |    | <p>APRIL 1</p> <p><b>Tuna Salad</b><br/>Cucumber and Red Onion Salad<br/>Cold Broccoli Florets<br/>Whole Grain Bread<br/>Pineapple<br/>2% Milk</p>   | <p>APRIL 2</p> <p><b>Cheese Omelet with Mushrooms, Peppers, and Onions</b><br/>Seasoned Spinach<br/>Whole Grain Bread w/ Butter Cup<br/>Fresh Fruit<br/>2% Milk</p> |
| <p>APRIL 5</p> <p><b>Chili-Cheese Hot Dog</b><br/>Three Bean Chili with Shredded Cheese<br/>Broccoli<br/>Potatoes O'Brien<br/>Whole Grain Hot Dog Bun<br/>Pineapple<br/>2% Milk</p>      | <p>APRIL 6</p> <p><b>Fish Sandwich (Breaded Pollack)</b><br/>Cheese Grits<br/>Seasoned Spinach<br/>Whole Grain Bun<br/>Tartar Sauce<br/>Mandarin Oranges<br/>2% Milk</p>   | <p>APRIL 7</p> <p><b>Brunswick Stew</b><br/>Butternut Squash<br/>Green Beans<br/>Whole Wheat Bread w/ Butter Cup<br/>Orange Juice<br/>2% Milk</p> <p style="text-align: center;">Birthday Celebration</p> | <p>APRIL 8</p> <p><b>Tossed Salad w/ Ranch Dressing</b><br/>Greens w/ Fresh Vegetables, Diced Chicken,<br/>Shredded Cheese<br/>Carrot and Raisin Salad<br/>Whole Grain Bread w/ Butter Cup<br/>Strawberry Applesauce<br/>2% Milk</p>     | <p>APRIL 9</p> <p><b>Chicken Breast w/ Pineapple Sauce</b><br/>Brown Rice<br/>Sauteed Spinach<br/>Whole Wheat Dinner Roll<br/>Fresh Fruit<br/>2% Milk</p>           |
| <p>APRIL 12</p> <p><b>Beef and Chicken Tacos</b><br/>Black Beans<br/>Confetti Corn<br/>Flour Tortillas w/ Taco Sauce<br/>Blended Juice<br/>2% Milk</p>                                   | <p>APRIL 13</p> <p><b>Pasta Primavera</b><br/>Glazed Carrots<br/>Seasoned Spinach<br/>Whole Grain Roll w/ Butter Cup<br/>Mandarin Oranges<br/>2% Milk</p>  | <p>APRIL 14</p> <p><b>Smoked Sausage Meal</b><br/>Cabbage<br/>Potatoes O'Brien<br/>Whole Grain Bun<br/>Cinnamon Applesauce<br/>2% Milk<br/>(Sausage contains beef)</p>                                    | <p>APRIL 15</p> <p><b>BBQ Chicken Thigh</b><br/>Squash Medley<br/>Green Beans with Red Peppers<br/>Whole Grain Bread w/ Butter Cup<br/>Orange Juice<br/>2% Milk</p>  | <p>APRIL 16</p> <p><b>Penne Pasta w/ Bolognese Meat Sauce</b><br/>Carrots<br/>Green Beans<br/>Garlic Roll w/ Butter Cup<br/>Fresh Fruit<br/>2% Milk</p>             |
| <p>APRIL 19</p> <p><b>Chicken, Sausage, &amp; Shrimp Gumbo</b><br/>Brown Rice<br/>Mixed Vegetables<br/>Pineapple<br/>2% Milk</p> <p>(Sausage contains beef &amp; pork)</p>               | <p>APRIL 20</p> <p><b>Chicken Teriyaki</b><br/>Brown Rice<br/>Cauliflower &amp; Red Pepper<br/>Whole Grain Bread<br/>Strawberry Applesauce<br/>2% Milk</p>   | <p>APRIL 21</p> <p><b>Cheeseburger</b><br/>(Beef Patty, Sliced Cheese, Whole Grain Bun)<br/>Diced Potatoes<br/>California Blend Vegetables<br/>Ketchup/Mustard<br/>Mandarin Oranges<br/>2% Milk</p>       | <p>APRIL 22</p> <p><b>Pulled Pork w/ BBQ Sauce</b><br/>Seasoned Collard Greens<br/>Baked Beans<br/>Whole Grain Roll<br/>Orange Juice<br/>2% Milk</p>   | <p>APRIL 23</p> <p><b>Chicken Salad Sandwich</b><br/>Tossed Salad<br/>Baby Carrots<br/>Ranch Dressing<br/>Fresh Fruit<br/>2% Milk</p>                               |
| <p>APRIL 26</p> <p><b>Scrambled Eggs w/ Mushrooms, Peppers, &amp; Onions</b><br/>Spinach<br/>Breakfast Potatoes<br/>Whole Grain Bread w/ Butter Cup<br/>Mandarin Oranges<br/>2% Milk</p> | <p>APRIL 27</p> <p><b>Diced Chicken w/ Mojo Sauce</b><br/>Black Beans<br/>Green Beans<br/>Whole Grain Roll w/ Butter Cup<br/>Peaches<br/>2% Milk</p>   | <p>APRIL 28</p> <p><b>Homestyle Meatloaf w/ Apple Brown Gravy</b><br/>Tomato &amp; Okra<br/>Black Eyed Peas &amp; Rice<br/>Whole Wheat Bread w/ Butter Cup<br/>Blended Juice<br/>2% Milk</p>              | <p>APRIL 29</p> <p><b>Tossed Salad w/ Ranch Dressing</b><br/>Greens w/ Fresh Vegetables, Diced Chicken,<br/>Shredded Cheese<br/>Cucumber &amp; Tomato Salad<br/>Whole Grain Roll w/ Butter Cup<br/>Strawberry Applesauce<br/>2% Milk</p> | <p>APRIL 30</p> <p><b>Seasoned Chicken Thigh</b><br/>Seasoned Mashed Potatoes<br/>Carrots<br/>Whole Grain Roll w/ Butter Cup<br/>Fresh Fruit<br/>2% Milk</p>        |