

COUNCIL ON AGING ~ HOME DELIVERED MEALS MENU (386) 253-4700 *248 ~ JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11
<p>JUNE 2021</p>  <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p><u>Chicken Teriyaki</u> Brown Rice Cauliflower & Red Pepper Whole Grain Bread Applesauce 2% Milk</p>	<p><u>Cheeseburger</u> (Beef Patty, Sliced Cheese, Whole Grain Bun) Diced Potatoes California Blend Vegetables Ketchup/Mustard Mandarin Oranges 2% Milk</p>	<p><u>Pulled Pork w/ BBQ Sauce</u> Seasoned Collard Greens Baked Beans Whole Grain Roll 100 % Orange Juice 2% Milk</p>	<p><u>Chicken Salad Sandwich</u> Tossed Salad Baby Carrots Whole Grain Bun Ranch Dressing Fresh Fruit 2% Milk</p>
<p><u>Scrambled Eggs w/ Mushrooms, Peppers, & Onions</u> Spinach Breakfast Potatoes Whole Grain Bread w/ Butter Cup Mandarin Oranges 2% Milk</p>	<p><u>Diced Chicken w/ Mojo Sauce</u> Black Beans Green Beans Whole Grain Roll w/ Butter Cup Peaches 2% Milk</p>	<p><u>Homestyle Meatloaf w/ Apple Brown Gravy</u> Tomato & Okra Black Eyed Peas & Rice Whole Wheat Bread w/ Butter Cup 100 % Blended Juice 2% Milk</p> <p style="text-align: center; color: green;">Birthday Celebration</p>	<p><u>Tossed Salad w/ Ranch Dressing</u> Greens w/ Fresh Vegetables, Diced Chicken, Shredded Cheese Cucumber & Tomato Salad Whole Grain Roll w/ Butter Cup Applesauce 2% Milk</p>	<p><u>Seasoned Chicken Thigh</u> Seasoned Mashed Potatoes Carrots Whole Grain Roll w/ Butter Cup Fresh Fruit 2% Milk</p>
<p><u>Sliced Cuban Pork w/ Sofrito</u> Yellow Rice & Black Beans Green Beans Whole Grain Bread Applesauce 2% Milk</p>	<p><u>Egg Salad</u> Beet & Onion Salad Three Bean Salad Italian Dressing Whole Grain Bun Pineapple 2% Milk</p>	<p><u>Lemon Pepper Chicken</u> Diced Potatoes Okra & Tomatoes Whole Grain Bread w/ Butter Cup 100 % Blended Juice 2% Milk</p>	<p><u>Sloppy Joe</u> Yellow Corn Broccoli Hamburger Bun Butter Cup Mixed Fruit 2% Milk</p>	<p><u>Sliced Roast Beef</u> Peas & Carrots Mashed Potatoes Whole Grain Roll w/ Butter Cup Coconut Pie 2% Milk</p> <p style="text-align: center; color: green;">Father's Day Celebration</p>
<p><u>Chicken w/ Country Pepper Gravy</u> Turnip Greens Garlic Mashed Potatoes Whole Grain Bread w/ Butter Cup Applesauce 2% Milk</p>	<p><u>Beef Marsala</u> Carrots Brown Rice Whole Wheat Roll w/ Butter Cup Mandarin Oranges 2% Milk</p>	<p><u>Chicken Alfredo</u> Harvard Beets California Blend Vegetables Garlic Roll w/ Butter Cup 100% Orange-Pineapple Juice 2% Milk</p>	<p><u>Tuna Salad</u> Cucumber & Red Onion Salad Cold Broccoli Florets Whole Grain Bread Pineapple 2% Milk</p>	<p><u>Cheese Omelet with Mushrooms, Peppers, & Onions</u> Seasoned Spinach Whole Grain Bread w/ Butter Cup Fresh Fruit 2% Milk</p>
<p><u>Chili-Cheese Hot Dog</u> Three Bean Chili with Shredded Cheese Broccoli Potatoes O'Brien Whole Grain Hot Dog Bun Pineapple 2% Milk</p>	<p><u>Fish Sandwich (Breaded Pollack)</u> Cheese Grits Seasoned Spinach Whole Grain Bun Tartar Sauce Mandarin Oranges 2% Milk</p>	<p><u>Brunswick Stew</u> Butternut Squash Green Beans Whole Wheat Bread w/ Butter Cup 100% Orange Juice 2% Milk</p>		 <p style="font-size: small;">A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p style="font-size: small; text-align: center;">VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>