

COUNCIL ON AGING MEALS ON WHEELS – APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1	April 2	April 3	April 4	April 5
<u>Breaded Pollack</u> Cheese Grits Stewed Tomatoes Whole Grain Bread Margarine Cup Tartar Sauce Pineapple Low Fat Milk	<u>Sliced Turkey w/Gravy</u> Cornbread Stuffing Mixed Vegetables Whole Grain Bread Margarine Cup 100% Grape Juice 1% Low Fat Milk	<u>Sliced Cuban Pork w/ Sofrito</u> Black Beans Yellow Rice Cuban Roll /1 Margarine Cup Pears Birthday Dessert 1% Low Fat Milk <div style="text-align: center;"> BIRTHDAY CELEBRATION</div>	<u>Chicken Chop Suey</u> Parsley White Rice Lima Beans Whole Grain Bread Margarine Cup Mandarin Orange Cup 1% Low Fat Milk	<u>Sliced Meatloaf w/ Brown Gravy</u> Potatoes Florentine Carrots Dinner Roll Fresh Fruit 1% Low Fat
April 8	April 9	April 10	April 11	April 12
<u>Roast Beef Marsala</u> Potato Onion Soufflé Brussel sprouts Whole Grain Roll Margarine Cup Mixed Fruit Low Fat Milk <div style="text-align: right;"></div>	<u>Chili Dog</u> (Hot Dog w/Whole Grain Bun, Three Bean Chili w/ Shredded Cheese) Baked Apple w/ Raisins Chopped Onions Graham Crackers Low Fat Milk	<u>Southwest Pulled Chicken w/ BBQ Sauce</u> Collard Greens Brown Rice Corn Muffin Applesauce Low Fat Milk	<u>Spaghetti w/ Sauce & Meatballs</u> Garlic Spinach Carrot Coins Dinner Roll Pears Low Fat Milk	<u>Chicken Breast w/ Coq au Vin Sauce</u> Mashed Potatoes Broccoli Cuts Italian Bread Margarine Cup Fresh Fruit 8 oz. 1% Low Fat Milk
April 15	April 16	April 17	April 18	April 19
<u>Sliced Roast Pork w/ Onion Gravy</u> Succotash Black Eyed Peas Pineapple Corn Muffin/ 1 Margarine Cup Special Holiday Dessert 1% Low Fat Milk	<u>Twisted Mac and Cheese w/ Chicken Chorizo</u> Green Peas Cauliflower & Red Pepper Whole Grain Bread Margarine Cup Mandarin Orange Cup 1% Low Fat Milk	<u>Sloppy Joe</u> Ground Beef, Whole Grain Hamburger Bun) Sweet Potatoes Green Beans Peach Cup 1% Low Fat Milk	<u>Pork Chop Patty w/ Country Pepper Gravy</u> Mashed Potatoes Mixed Vegetables Biscuit Pears 1% Low Fat Milk	<u>Sliced Turkey Ham Pineapple Sauce</u> Mashed Sweet Potatoes Black Eyed Peas Dinner Roll Margarine Cup Fresh Fruit Low Fat Milk <div style="text-align: right;"></div>
April 22	April 23	April 24	April 25	April 26
<u>White Chicken Chili</u> Brown Rice Carrot Coins Whole Grain Roll Pears 1% Low Fat Milk <div style="text-align: right;"></div>	<u>Cheeseburger</u> (Beef Patty, Cheese Slice, Hamburger Bun) Baked Beans Corn w/ Diced Tomatoes Ketchup/ Mustard Whole Grain Graham Blended 100% Juice 1% Low Fat Milk	<u>Turkey & Cheese Lasagna Roll-Up w/ Marinara</u> Italian Flat Beans Warm Spiced Peaches 1 Garlic Roll 1% Low Fat Milk	<u>Smoked Sausage</u> German Potato Salad Cabbage and Carrots Whole Grain Hot Dog Bun 1 pk. Mustard Raisins 1% Low Fat Milk	<u>BBQ Chicken Thigh</u> Mac & Cheese Green Peas Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk
April 29	April 30			
<u>Breaded Pollack</u> Cheese Grits Stewed Tomatoes Whole Grain Bread Margarine Cup Tartar Sauce Pineapple Low Fat Milk	<u>Sliced Turkey w/Gravy</u> Cornbread Stuffing Mixed Vegetables Whole Grain Bread Margarine Cup 100% Grape Juice 1% Low Fat Milk	<div style="font-size: 2em; font-weight: bold; color: green;">April 2019</div> <div style="font-size: 2em; font-weight: bold; color: green;">GAfoods</div>		<div style="font-weight: bold; color: blue;">VISIT OUR WEBSITE AT</div> <div style="font-weight: bold; color: blue; text-decoration: underline;">WWW.COAVOLUSIA.ORG</div> <div style="font-size: 2em; font-weight: bold; color: red;">Happy Easter!</div>
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE				