

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OCTOBER 2021</p>  <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>	 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>			<p>OCTOBER 1</p> <p><u>Seasoned Chicken Thigh</u> Broccoli Brown Rice Whole Grain Bread Seasonal Fresh Fruit 2% Milk</p>
OCTOBER 4	OCTOBER 5	OCTOBER 6	OCTOBER 7	OCTOBER 8
<p><u>Scrambled Eggs w/ Veggies & Cheese</u> Black Beans Mushrooms, Onions, and Peppers Whole Grain Bread w/ Butter Cup Mandarin Oranges 2% Milk</p>	<p><u>Tossed Salad w/ Ranch Dressing</u> Greens w/ Fresh Vegetables w/ Diced Chicken Macaroni Salad Whole Grain Bread Orange Juice 2% Milk</p>	<p><u>Beef Riblet w/ Apple Brown Gravy</u> Seasoned Spinach Garlic Mashed Potatoes Whole Grain Bread Applesauce 2% Milk</p>	<p><u>Chicken Salad Sandwich w/ Italian Dressing</u> Beet & Onion Salad Mixed Green Salad Whole Grain Bun Peaches 2% Milk</p>	<p><u>Smoked Sausage w/ Mustard</u> Green Beans Black Eyed Peas Whole Grain Bread Seasonal Fresh Fruit 2% Milk</p> <p><small>*all beef</small></p>
OCTOBER 11	OCTOBER 12	OCTOBER 13	OCTOBER 14	OCTOBER 15
<p><u>Hot Dog w/ Chili Topping</u> Carrots Coins Whole Kernel Corn Hot Dog Bun Apple Juice 2% Milk</p>	<p><u>Chicken Tacos</u> Yellow Rice & Vegetables Black Beans Corn Tortillas Pineapple 2% Milk</p>	<p><u>Pulled Pork w/ BBQ Sauce</u> Seasoned Collard Greens Mixed Vegetables Hamburger Bun Butter Cup Strawberry Applesauce 2% Milk</p>	<p><u>Italian Chicken Pasta Salad</u> Tomato & Cucumber Salad Carrot Salad w/ Raisins Whole Grain Bread Mandarin Oranges 2% Milk</p>	<p><u>Smoked Sausage w/ Beer Mustard</u> Red Cabbage Hot German Potato Salad Rye Bread Special Holiday Dessert 2% Milk</p> <p><small>*all beef</small></p>
OCTOBER 18	OCTOBER 19	OCTOBER 20	OCTOBER 21	OCTOBER 22
<p><u>Chicken Thigh w/ Orange Honey Glaze</u> Gingered Green Peas Brown Rice Whole Wheat Roll Pineapple 2% Milk</p>	<p><u>Tuna Salad</u> Tomato & Cucumber Salad Beet & Onion Salad Wheat Pita Bread Orange-Pineapple Juice 2% Milk</p>	<p>BIRTHDAY CELEBRATION</p>	<p><u>Mixed Green Salad w/ Ranch Dressing</u> Diced Chicken & Mixed Greens Three Bean Salad Whole Grain Bread Blended Juice 2% Milk</p>	<p>OKTOBERFEST CELEBRATION</p>
OCTOBER 25	OCTOBER 26	OCTOBER 27	OCTOBER 28	OCTOBER 29
<p><u>Pasta Primavera</u> Glazed Carrots Neapolitan Spinach Whole Grain Bread Oatmeal Cream Pie 2% Milk</p>	<p><u>Cobb Pasta Salad</u> Potato Salad Marinated Broccoli Salad Whole Grain Bread Pineapple Juice 2% Milk</p>	<p><u>Cheese Omelet</u> Peppers, Mushrooms, & Onions Cheese Grits Whole Grain Bread Orange Juice 2% Milk</p>	<p><u>Chicken, Sausage, & Shrimp Gumbo</u> Butternut Squash Mixed Vegetables Corn Muffin Peaches 2% Milk</p>	<p><u>Witches Stew</u> Brown Rice Broccoli Dinner Roll w/ Butter Cup Special Holiday Dessert 2% Milk</p> <p style="text-align: center;">HALLOWEEN CELEBRATION</p>