

COUNCIL ON AGING ~ HOME DELIVERED MEALS MENU ~ 386-253-4700 *248 ~ NOVEMBER 2021

MONDAY NOVEMBER 1	TUESDAY NOVEMBER 2	WEDNESDAY NOVEMBER 3	THURSDAY NOVEMBER 4	FRIDAY NOVEMBER 5
<p><u>Breaded Pollack Wedge w/ Tartar Sauce</u> Broccoli & Cauliflower Green Beans Italian Bread w/ Butter Cup Pineapple 2% Milk</p>	<p><u>Sofrito Pork</u> Seasoned Spinach Carrot Coins Cuban Bread w/ Butter Cup Grape Juice 2% Milk</p>	<p><u>Sweet & Sour Chicken</u> Brown Rice Asian Blend Vegetables Whole Grain Bread w/ Butter Cup Applesauce 2% Milk</p>	<p><u>Tuna Pasta Salad</u> Marinated Broccoli Salad Carrot Salad w/ Raisins Wheat Dinner Roll w/ Butter Cup Mandarin Oranges 2% Milk</p>	<p><u>Meatballs w/ Gravy</u> Egg Noodles Seasoned Spinach Stewed Tomatoes Wheat Dinner Roll Seasonal Fresh Fruit 2% Milk</p>
NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12
<p><u>Chicken Paella</u> Lyonnaise Potatoes Vegetable Medley Whole Grain Bread w/ Butter Cup Blended Juice 2% Milk</p>	<p><u>Egg Salad</u> Cucumber & Red Onion Salad Three Bean Salad Whole Grain Bread Mandarin Oranges 2% Milk</p>	<p><u>Sloppy Joe</u> Seasoned Collard Greens Potato Wedges w/ Ketchup Hamburger Bun Strawberry Applesauce Birthday Cake 2% Milk</p> <p style="text-align: center;">BIRTHDAY CELEBRATION</p>	<p><u>Chef Salad w/ Italian Dressing</u> Marinated Broccoli Salad Carrot & Raisin Salad Whole Grain Bread Orange Juice 2% Milk</p>	<p><u>Seasoned Chicken Thigh</u> Broccoli Brown Rice Whole Grain Bread Seasonal Fresh Fruit 2% Milk</p>
NOVEMBER 15	NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19
<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>
NOVEMBER 22	NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26
<p><u>Hot Dog w/ Chili Topping</u> Carrot 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>Sliced Ham</u> Diced Sweet Potatoes Green Beans w/ Red Pepper Cranberry Sauce Dinner Roll w/ Butter Cup Special Holiday Dessert 2% Milk</p> <p style="text-align: center;">THANKSGIVING CELEBRATION</p>	<p>COA SITES AND OFFICE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p>	<p>COA SITES AND OFFICE CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p>
NOVEMBER 29	NOVEMBER 30	NOVEMBER 27	NOVEMBER 28	NOVEMBER 29
<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 style="text-align: center;">HAPPY THANKSGIVING!</p>	 <p style="text-align: center;">A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p style="text-align: center;">VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	<p>NOVEMBER 2021</p>  <p style="text-align: center;">MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>