

COUNCIL ON AGING MEALS ON WHEELS – AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			August 1	August 2
 A NON-PROFIT SERVING VOLUSIA SENIORS	VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	 Menu Subject to Change.	<u>Tuna Pasta Salad</u> Carrot Salad w/Raisins Lettuce and Tomato Whole Grain Bread Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Sliced Roast Beef w/ Marsala Sauce</u> Diced Potatoes Green Peas Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk
August 5	August 6	August 7	August 8	August 9
<u>Chicken Alfredo w/ Pasta</u> Italian Flat Beans Carrot Coins 1 sl. Whole Grain Bread Margarine Cup Mixed Fruit 1% Low Fat Milk	<u>Hamburger Patty</u> Hamburger Bun Au Gratin Potatoes Collard Greens 1 pkg. Raisins 1% Low Fat Milk	<u>Chicken Salad</u> Beet & Onion Salad Tossed Salad Italian Dressing Whole Grain Roll Applesauce 100% Blended Juice 1% Low Fat Milk	<u>Sliced Roast Pork w/ Apple Brown Gravy</u> Mashed Sweet Potatoes Country Vegetable Medley (Carrots, Corn, Beans) Dinner Roll / Margarine Cup Pineapple 1% Low Fat Milk	<u>Lemon Pepper Baked Chicken Thigh</u> Black Eyed Peas Tomatoes & Okra Corn Muffin Margarine Cup Fresh Fruit 1% Low Fat Milk
August 12	August 13	August 14	August 15	August 16
<u>Sliced Smoked Sausage and BBQ Red Beans</u> Brown Rice Carrots Whole Grain Bread/Margarine Cup Applesauce 1% Low Fat Milk	<u>Turkey Apple Cranberry Pasta Salad</u> Tomato Cucumber Salad Three Bean Salad Whole Grain Bread/Margarine Cup Pineapple 1% Low Fat Milk	<u>Homestyle Meatloaf w/ Onion Gravy</u> Mashed Potatoes Green Peas Dinner Roll Pears 1% Low Fat Milk	<u>Whole Grain Chicken Egg Roll</u> Chicken Fried Rice Oriental Blend Vegetables Whole Wheat Roll w/ Margarine Cup Fortune Cookie 1% Low Fat Milk 100% Blended Juice	<u>Hot Dog</u> Whole Grain Bun with Three Bean Chili topped w/ Shredded Cheese Yellow Corn Chopped Onion Fresh Fruit 1% Low Fat Milk
August 19	August 20	August 21	August 22	August 23
<u>Meatballs w/ Parmesan Sauce</u> Whole Grain Rotini Noodles w/Marinara Tuscan Blend Vegetables (squash, mixed vegetables) Whole Grain Roll Mixed Fruit 1% Low Fat Milk	<u>BBQ Chicken Thigh</u> Diced Sweet Potatoes Collard Greens w/ Turkey Ham Corn Muffin/Margarine Cup Applesauce 1% Low Fat Milk	<u>Chicken Salad</u> Tossed Salad w/ Italian Dressing Cole Slaw Whole Grain Bread Whole Grain Maple Graham 100% OJ/Pineapple Juice 1% Low Fat Milk	<u>Cheeseburger</u> Beef Patty, 1 sl. Cheese 1 Hamburger Bun) Baked Beans Corn w/ Diced Tomatoes Ketchup/ Mustard Mandarin Oranges 1% Low Fat Milk	<u>Whole Grain Breaded Fish Fillet</u> Cheese Grits Stewed Tomatoes Whole Grain Bread /Margarine Cup Fresh Fruit Tartar Sauce 1% Low Fat Milk
August 26	August 27	August 28	August 29	August 30
<u>Chicken Breast w/ Coq Au Vin Sauce</u> Brown Rice Green Beans Almondine Whole Grain Bread /Margarine Cup Pineapple 1% Low Fat Milk	<u>Pork Chop Patty w/ Country Pepper Gravy</u> Mashed Potatoes Mixed Vegetables Dinner Roll Mixed Fruit 1% Low Fat Milk	<u>Pasta and Meat Sauce</u> Spinach Neapolitan Cinnamon Apples w/Raisins 1 Whole Wheat Roll 1 Margarine Cup 1% Low Fat Milk Birthday Celebration Cake	<u>Tuna Pasta Salad</u> Carrot Salad w/Raisins Lettuce and Tomato Whole Grain Bread Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Sliced Roast Beef w/ Marsala Sauce</u> Diced Potatoes Green Peas Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk