




COUNCIL ON AGING - MEALS ON WHEELS – 386-253-4700 x 248 SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
September 2	September 3	September 4	September 5	September 6	
 <p style="text-align: center;">CLOSED FOR LABOR DAY</p>	<p><u>Grilled Chicken Breast w/Cacciatore Sauce</u> Carrot Coins Flat Beans Italian Bread/Margarine Cup(s) Apple Sauce 100% Blended Juice 1% Low Fat Milk</p> <p style="text-align: center;">LABOR DAY CELEBRATION</p>	<p><u>Smoked Sausage Meal</u> Cabbage and Carrots Hot German Potato Salad Whole Grain Hot Dog Bun 1 Pack Mustard 1 Packet Raisins 1% Low Fat Milk</p> <p style="text-align: center;">BIRTHDAY CELEBRATION CAKE</p>	<p><u>Grilled Chicken Breast w/Sweet n' Sour Sauce</u> Brown Rice, Mixed Vegetables Whole Grain Bread Margarine Cup Pineapple 1% Low Fat Milk</p>	<p><u>WG Southern-Style Fish Nuggets</u> Stewed Tomatoes California Blend Vegetables Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk</p>	
September 9	September 10	September 11	September 12	September 13	
<p><u>Chicken Fajitas</u>(Seasoned Diced Chicken, Onions, Red/ Green Peppers) Cheesy Pinto Beans & Spanish Rice Whole Wheat Flour Tortilla & Pkt Salsa Applesauce 1% Low Fat Milk</p>	<p><u>Stuffed Pepper Meal</u> Broccoli & Cauliflower Whole Grain Bread Margarine Cup(s) Apple Spice Cookie 1% Low Fat Milk</p>	<p><u>Sliced Roast Pork w/Mushroom Gravy</u> Mashed Sweet Potatoes Squash Medley Wheat Bread/Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Meatballs w/Swedish Sauce Over</u> Cavatappi Pasta Zucchini Casserole Whole Grain Bread Margarine Cup Warm Spiced Peaches 1% Low Fat Milk</p>	<p><u>BBQ Chicken Thigh</u> Pinto Beans Rosemary Diced Potatoes Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk</p>	
September 16	September 17	September 18	September 19	September 20	
<p><u>Salisbury Steak in Brown Gravy</u> Diced Potatoes and Veggies Brussel Sprouts Whole Wheat Roll Margarine Cup Applesauce & Orange Juice 1% Low Fat Milk</p>	<p><u>Chicken Alfredo</u> Carrot Coins Green Peas Whole Wheat Roll Margarine Cup Pineapple 1% Low Fat Milk</p>	<p><u>Western Omelet</u> Stewed Tomatoes Cheese Grits Whole Grain Bread Margarine Cup Peaches 1% Low Fat Milk</p>	<p><u>Jambalaya</u> (Diced Chicken, Ham, Sausage, Rice and Vegetables) Diced Sweet Potatoes, Green Beans Whole Grain Bread w/ Margarine Cup Mixed Fruit in Juice 1% Low Fat Milk</p>	<p><u>Cheeseburger</u> Hamburger Patty & American Cheese Baked Beans & Potato Wedges Hamburger Bun w/packet Ketchup, and Mustard Fresh Fruit 1% Low Fat Milk</p>	
September 23	September 24	September 25	September 26	September 27	
<p><u>Breaded Pollock</u> Northern Beans w/Pepper & Onion Stewed Tomatoes Whole Grain Roll Packet Tartar Sauce Peaches 1% Low Fat Milk</p>	<p><u>Sliced Cuban Pork w/ Sofritos</u> Cuban-Style Black Beans Brown Rice Cuban Roll/Margarine Cup Pineapple Tidbits 1% Low Fat Milk</p>	<p><u>Chicken Parmesan</u> Rotini Noodles in Marinara Sauce Italian Bean Ragout Italian Bread/Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Chili Dog</u> (Hot Dog, Whole Grain Bun, Three Bean Chili w/shredded Cheese) Baked Apple w/ Raisins Chopped onions Graham Crackers 1% Low Fat Milk</p>	<p><u>Chicken Thigh In Lemon Pepper Sauce</u> Yellow Corn, and Mashed Potatoes Wheat Bread /Margarine Cup Fresh Fruit 1% Low Fat Milk</p>	
September 30	 Menu Subject to Change.			VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG	 A NON-PROFIT SERVING VOLUSIA SENIORS
<p><u>Home-Style Meatloaf w/Onion Gravy</u> Mashed Potatoes Green Beans Whole Wheat Bread /Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	