

COUNCIL ON AGING ~ HOME DELIVERED MEALS MENU (386) 253-4700 *248 ~SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 5	SEPTEMBER 6	SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9
SEPTEMBER 2022  MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG		<u>Hot Dog w/Whole Grain Hotdog Bun</u> Seasoned Spinach Baked Beans 1 pk Graham Crackers 100% Orange Juice 1% Milk	<u>Krab Salad</u> Macaroni Salad Pea & Cheese Salad 2 pk. Wheat Crackers Fresh Fruit 1% Milk
ALL COA DINING SITES AND OFFICES ARE CLOSED IN OBSERVANCE OF THE LABOR DAY HOLIDAY	<u>Chef Salad w/1 pk Ranch Dressing</u> Pea & Cheese Salad Three Bean Salad Whole Grain Bread Blended Juice 1% Milk	<u>Spaghetti Bolognese</u> Lima Beans Parslied Carrots Garlic Roll Cookie 1% Milk <p style="text-align: center; color: purple;">BIRTHDAY CELEBRATION</p>	<u>Chicken Marsala</u> Northern Beans w/Peppers & Onions Italian Beans Whole Grain Bread Fresh Fruit 1 % Milk	<u>Sloppy Joe</u> Garlick Mashed Potatoes Country Vegetable Medley Whole Grain Hamburger Bun Orange Juice Butter cup 1% Milk
SEPTEMBER 12	SEPTEMBER 13	SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16
<u>Hamburger</u> Seasoned Diced Potatoes Confetti Corn Whole Grain Hamburger Bun Pineapple juice 1 pk Ketchup/Mustard 1% Milk	<u>Seasoned Chicken Thigh</u> White Rice Dilled Carrots Whole Grain Bread w/butter cup Blended Juice 1% Milk	<u>Bean & Ham Casserole</u> Succotash Italian Beans Whole Grain Bread Flavored Applesauce 1% Milk	<u>Egg Salad</u> Macaroni Salad Carrot Salad w/Raisins Whole Grain Hamburger Bun 100% Orange Juice 1% Milk	<u>Meatloaf w/Brown Gravy</u> Cabbage Mashed Potatoes Whole Grain Bread Fresh Fruit 1% Milk
SEPTEMBER 19	SEPTEMBER 20	SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23
<u>Chicken Paella</u> Green Beans Almondine Harvest Beets Whole Wheat Dinner Roll Cookie 1% Milk	<u>Beef & Macaroni Casserole</u> Seasoned Spinach Mushroom, Peppers & Onions Whole Grain Bread w/Butter cup Cookie 1% Milk	<u>Chicken Salad</u> Coleslaw Three Bean Salad Whole Grain Hamburger Bun Blended Juice 1% Milk	<u>Hotdog w/ Chili Topping</u> Seasoned Diced Potatoes Yellow Corn Whole Grain Hotdog Bun Graham Crackers 1% Milk	<u>Beef Teriyaki</u> Whole Grain Rotini Noodles Broccoli Whole Wheat Dinner Roll Fresh Fruit 2% Milk
SEPTEMBER 26	SEPTEMBER 27	SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30
<u>Lemon Pepper Chicken Thigh</u> Mashed Potatoes Country Vegetable Medley Whole Grain Bread Pineapple Juice 1% Milk	<u>Meatballs w/Marinara Sauce</u> Rotini w/Marinara Sauce Mushroom, Peppers & Onions Garlic Roll Flavored Applesauce 1% Milk	<u>Tuna Pasta Salad</u> Potato Salad Beet & Onion Salad Wheat Crackers Pineapple Juice 1% Milk	<u>Breakfast Casserole</u> Cheese Grits Zesty Green Beans Whole Grain Bread 100% Orange Juice 1% Milk	<u>Smoked Sausage w/1 pk. mustard</u> Red Cabbage Hot German Potato Salad Whole Grain Hotdog Bun Special Holiday Dessert 1% Milk <p style="text-align: right; color: orange;">OKTOBERFEST CELEBRATION</p>