

# COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING SITE MENU ~ SEPTEMBER 2022

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