

FEBRUARY 2020 ~ COUNCIL ON AGING ~ MEALS ON WHEELS MENU ~ (386) 253-4700 * 248

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="font-size: 24px; color: red; margin: 0;">February</p> <p style="font-size: 24px; color: red; margin: 0;">2020</p> 	 <p style="font-size: 12px; margin: 5px 0;">A NON-PROFIT SERVING VOLUSIA SENIORS</p>	<p style="margin: 0;">VISIT OUR WEBSITE AT</p> <p style="margin: 0;">WWW.COAVOLUSIA.ORG</p>		
February 3	February 4	February 5	February 6	February 7
<p><u>Chili Dog</u> (Hot Dog, Whole Grain Bun, Three Bean Chili w/ Shredded Cheese) Baked Apple w/ Raisins Chopped Onion Graham Crackers 1% Low Fat Milk</p>	<p>Orange Juice <u>Sausage with Peppers & Onions</u> Roasted Parsley Potatoes Whole Grain Bread w/ Margarine Cup Cup Peaches 1% Low Fat Milk</p>	<p><u>Pasta and Meat Sauce</u> Spinach Carrots Whole Wheat Roll w/ Margarine Cup Pineapple Yellow Cake 1% Low Fat Milk <i style="color: blue;">BIRTHDAY CELEBRATION!</i></p>	<p><u>Chicken Paella</u> Broccoli Cauliflower Whole Grain Dinner Roll w/ Margarine Cup Pears 1% Low Fat Milk</p>	<p><u>Sliced Turkey Ham w/ Pineapple Sauce</u> Diced Sweet Potatoes Green Beans Dinner Roll w/ Margarine Cups Fresh Fruit 1% Low Fat Milk</p>
February 10	February 11	February 12	February 13	February 14
<p><u>Grilled Chicken</u> Whole Grain Noodles w/ Garlic Butter Sauce Spinach Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Sliced Turkey w/Country Pepper Gravy</u> Mashed Potatoes Turnip Greens Whole Grain Bread w/ Margarine Cup Oatmeal Cookie 1% Low Fat Milk</p>	<p><u>Smoked Sausage Meal</u> Cabbage and Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Raisins 1% Low Fat Milk</p>	<p><u>Meatballs in Teriyaki Sauce</u> Oriental Blend Vegetables Steamed Brown Rice Dinner Roll w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Lemon Pepper Chicken Thigh</u> Carrot Coins Green Peas Italian Bread w/ Margarine Cups Yellow Cake Fresh Fruit 1% Low Fat Milk <i style="color: red;">VALENTINE'S CELEBRATION</i></p>
February 17	February 18	February 19	February 20	February 21
<p style="font-size: 24px; color: blue; margin: 0;">Presidents Day</p> <p style="font-size: 24px; color: blue; margin: 0;">Site Closed</p>	<p><u>Chicken Breast w/ Coq au Vin Sauce</u> Mashed Potatoes Broccoli Cuts Italian Bread w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p>Blended 100% Juice <u>Cheeseburger</u> (Beef Patty, Cheese slice, Hamburger Bun) Baked Beans Cabbage Ketchup and Mustard Graham Crackers 1% Low Fat Milk</p>	<p><u>Sliced Roast Pork w/ Apple Brown Gravy</u> Succotash Collard Greens Dinner Roll w/ Margarine Cup Mandarin Orange 1% Low Fat Milk</p>	<p><u>Meatloaf Dinner with Gravy</u> Mashed Potatoes Green Beans Dinner Roll Fresh Fruit 1% Low Fat Milk</p>
February 24	February 25	February 26	February 27	February 28
<p><u>Sliced Cuban Pork w/ Sofrito</u> Black Beans & Yellow Rice Cabbage Cuban Roll w/ Margarine Cup Pears 1% Low Fat Milk</p>	<p><u>Beef Patty w/ Brown Gravy</u> Carrots Green Beans Whole Grain Bread w/ Margarine Cup Sugar Cookie 1 % Low Fat Milk</p>	<p><u>Seasoned Baked Chicken Thigh</u> Mashed Potatoes Broccoli Whole Grain Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Breaded Pollack w/ Tarter Sauce</u> Cheese Grits Stewed Tomatoes Whole Grain Roll Applesauce 1% Low Fat Milk</p>	<p><u>Chicken Breast Provencal</u> Brown Rice Zucchini Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk</p>