




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>JULY 2020</b></p> 	 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p>	<p><b>JULY 1</b></p> <p><b>BBQ Chicken Thigh</b>                      Skin on Diced Potatoes                      Confetti Corn                      Dinner Roll w/ Margarine Cup                      Special Holiday Dessert                      1% Low Fat Milk</p> <p><b>INDEPENDENCE DAY CELEBRATION!</b></p>	<p><b>JULY 2</b></p> <p><b>Chicken Salad</b>                      Pea &amp; Cheese Salad                      Tossed Salad w/ Italian Dressing                      Whole Wheat Roll w/ Margarine Cup                      Orange Pineapple Juice                      1% Low Fat Milk</p>	<p><b>JULY 3</b></p> <p>COA OFFICES AND SITES ARE CLOSED.</p> 
<b>JULY 6</b>	<b>JULY 7</b>	<b>JULY 8</b>	<b>JULY 9</b>	<b>JULY 10</b>
<p><b>Pasta and Meat Sauce</b>                      Spinach                      Carrots                      Whole Grain Bread w/ Margarine Cup                      Applesauce                      1% Low Fat Milk</p>	<p><b>Breakfast Sausage Casserole</b>                      Diced Sweet Potatoes                      Spinach                      Whole Wheat Roll w/ Margarine Cup                      Applesauce                      1% Low Fat Milk</p>	<p><b>Sliced Cuban Pork w/ Sofrito</b>                      Black Beans                      Gingered Carrots                      Cuban Roll w/ Margarine Cup                      Cinnamon Apples                      1% Low Fat Milk</p>	<p><b>Cheeseburger</b>                      (Beef Patty, Cheese Slice, Whole Grain Hamburger Bun)                      Broccoli                      Potato Wedges                      Ketchup/ Mustard                      Orange Juice                      1% Low Fat Milk</p>	<p><b>Baked Chicken Thigh</b>                      Yellow Rice w/ Peppers                      Green Beans                      Whole Wheat Roll w/ Margarine Cup                      Fresh Fruit                      1% Low Fat Milk</p>
<b>JULY 13</b>	<b>JULY 14</b>	<b>JULY 15</b>	<b>JULY 16</b>	<b>JULY 17</b>
<p><b>Chicken Caesar Salad w/ Caesar Dressing</b>                      Potato Salad                      Whole Grain Bread w/ Margarine Cup                      Orange Pineapple Juice                      1% Low Fat Milk</p>	<p><b>Roast Beef w/ Apple Brown Gravy</b>                      Squash Medley                      Green Peas                      Whole Grain Bread w/ Margarine Cup                      Pineapple                      1% Low Fat Milk</p>	<p><b>Chef Salad w/ Ranch Dressing</b>                      (Sliced Turkey, Cheese, Hardboiled Egg)                      Three Bean Salad                      Whole Grain Bread w/ Margarine Cup                      Raisins                      1% Low Fat Milk</p>	<p><b>Cheese Omelet</b>                      Spinach                      Cheese Grits                      Whole Grain Bread w/ Margarine Cup                      Orange Juice                      1% Low Fat Milk</p>	<p><b>Stuffed Peppers</b>                      Winter Vegetables (Broccoli &amp; Cauliflower)                      Rutabagas &amp; Red Pepper                      Whole Wheat Roll w/ Margarine Cups                      Fresh Fruit                      1% Low Fat Milk</p>
<b>JULY 20</b>	<b>JULY 21</b>	<b>JULY 22</b>	<b>JULY 23</b>	<b>JULY 24</b>
<p><b>Sliced Pork Loin w/ Cran-Raspberry Sauce</b>                      Potato Onion Souffle                      Turnip Greens w/ Onions                      Whole Grain Bread w/ Margarine Cup                      Orange Juice                      1% Low Fat Milk</p>	<p><b>Seasoned Grilled Chicken Breast w/ Country Pepper Gravy</b>                      Rice w/ Mixed Vegetables                      Green Beans                      Whole Wheat Roll w/ Margarine Cup                      Raisins                      1% Low Fat Milk</p>	<p><b>Homestyle Meatloaf w/ Apple Brown Gravy</b>                      Seasoned Diced Potatoes                      Carrots                      Whole Grain Bread w/ Margarine Cup                      Pears                      1% Low Fat Milk</p> <p><b>BIRTHDAY CELEBRATION!</b></p>	<p><b>Beef Teriyaki</b>                      Vegetable Medley                      Brown Rice                      Whole Grain Bread w/ Margarine Cup                      Apple Spice Cookie                      1% Low Fat Milk</p>	<p><b>Chili-Cheese Hot Dog</b>                      Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese                      Yellow Corn                      Chopped Onion, Ketchup, &amp; Mustard                      Fresh Fruit                      1% Low Fat Milk</p>
<b>JULY 27</b>	<b>JULY 28</b>	<b>JULY 29</b>	<b>JULY 30</b>	<b>JULY 31</b>
<p><b>Chicken Florentine (Baked Chicken Thigh with Florentine Sauce)</b>                      Mixed Vegetables                      Brown Rice                      Whole Wheat Dinner Roll w/ Margarine Cup                      Blended 100% Juice                      1% Low Fat Milk</p>	<p><b>Tuna Pasta Salad</b>                      Beet &amp; Onion Salad                      Lettuce &amp; Cherry Tomato w/ Ranch Dressing                      Whole Grain Bread w/ Margarine Cup                      Mandarin Oranges                      1% Low Fat Milk</p>	<p><b>Smoked Sausage</b>                      Cabbage &amp; Carrots                      Hot German Potato Salad                      Whole Grain Hot Dog Bun                      Mustard                      Pears                      1% Low Fat Milk</p>	<p><b>Chicken Salad</b>                      Pea &amp; Cheese Salad                      Tossed Salad w/ Italian Dressing                      Whole Wheat Roll w/ Margarine Cup                      Orange Pineapple Juice                      1% Low Fat Milk</p>	<p><b>Baked Lemon Pepper Chicken</b>                      Cauliflower                      Broccoli                      Whole Wheat Bread w/ Margarine cup                      Fresh Fruit                      1% Low Fat Milk</p>

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