









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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 3	AUGUST 4	AUGUST 5	AUGUST 6	AUGUST 7
<b><u>Pasta and Meat Sauce</u></b> Spinach Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<b><u>Breakfast Sausage Casserole</u></b> Diced Sweet Potatoes Spinach Whole Wheat Roll w/ Margarine Cup Applesauce 1% Low Fat Milk	<b><u>Sliced Cuban Pork w/ Sofrito</u></b> Black Beans Gingered Carrots Cuban Roll w/ Margarine Cup Cinnamon Apples 1% Low Fat Milk	<b><u>Cheeseburger</u></b> (Beef Patty, Cheese Slice, Whole Grain Hamburger Bun) Broccoli Potato Wedges Ketchup/ Mustard Orange Juice 1% Low Fat Milk	<b><u>Baked Chicken Thigh</u></b> Yellow Rice w/ Peppers Green Beans Whole Wheat Roll w/ Margarine Cup Fresh Fruit 1% Low Fat Milk
AUGUST 10	AUGUST 11	AUGUST 12	AUGUST 13	AUGUST 14
<b><u>Chicken Caesar Salad w/ Caesar Dressing</u></b> Potato Salad Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	<b><u>Roast Beef w/ Apple Brown Gravy</u></b> Squash Medley Green Peas Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk	<b><u>Chef Salad w/ Ranch Dressing</u></b> (Sliced Turkey, Cheese, Hardboiled Egg) Three Bean Salad Whole Grain Bread w/ Margarine Cup Raisins 1% Low Fat Milk	<b><u>Cheese Omelet</u></b> Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk	<b><u>Stuffed Peppers</u></b> Winter Mix Vegetables (Broccoli & Cauliflower) Rutabagas & Red Pepper Whole Wheat Roll w/ Margarine Cups Fresh Fruit 1% Low Fat Milk
AUGUST 17	AUGUST 18	AUGUST 19	AUGUST 20	AUGUST 21
<b><u>Sliced Pork Loin w/ Cran-Raspberry Sauce</u></b> Potato Onion Souffle Turnip Greens w/ Onions Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk	<b><u>Seasoned Grilled Chicken Breast w/ Country Pepper Gravy</u></b> Rice w/ Mixed Vegetables Green Beans Whole Wheat Roll w/ Margarine Cup Raisins 1% Low Fat Milk	<b><u>Homestyle Meatloaf w/ Apple Brown Gravy</u></b> Seasoned Diced Potatoes Carrots Whole Grain Bread w/ Margarine Cup Pears 1% Low Fat Milk BIRTHDAY CELEBRATION!	<b><u>Beef Teriyaki</u></b> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Apple Spice Cookie 1% Low Fat Milk	<b><u>Chili-Cheese Hot Dog</u></b> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Yellow Corn Chopped Onion, Ketchup, & Mustard Fresh Fruit 1% Low Fat Milk
AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28
<b><u>Chicken Florentine (Baked Chicken Thigh with Florentine Sauce)</u></b> Mixed Vegetables Brown Rice Whole Wheat Dinner Roll w/ Margarine Cup Blended 100% Juice 1% Low Fat Milk	<b><u>Tuna Pasta Salad</u></b> Beet & Onion Salad Lettuce & Cherry Tomato w/ Ranch Dressing Whole Grain Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk	<b><u>Smoked Sausage</u></b> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Pears 1% Low Fat Milk	<b><u>Chicken Salad w/ Italian Dressing</u></b> Pea & Cheese Salad Tossed Salad Whole Wheat Roll w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	<b><u>Baked Lemon Pepper Chicken</u></b> Cauliflower Broccoli Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk
AUGUST 31				
<b><u>Pasta and Meat Sauce</u></b> Spinach Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk				<h2 style="color: blue;">AUGUST</h2> <h2 style="color: blue;">2020</h2> 

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<b><u>Pasta and Meat Sauce</u></b> Spinach Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Sliced Cuban Pork w/ Sofrito</u></b> Black Beans Gingered Carrots Cuban Roll w/ Margarine Cup Cinnamon Apples 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Baked Chicken Thigh</u></b> Yellow Rice w/ Peppers Green Beans Whole Wheat Roll w/ Margarine Cup Fresh Fruit 1% Low Fat Milk
AUGUST 10	AUGUST 11	AUGUST 12	AUGUST 13	AUGUST 14
<b><u>Chicken Caesar Salad w/ Caesar Dressing</u></b> Potato Salad Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Chef Salad w/ Ranch Dressing</u></b> (Sliced Turkey, Cheese, Hardboiled Egg) Three Bean Salad Whole Grain Bread w/ Margarine Cup Raisins 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Stuffed Peppers</u></b> Winter Mix Vegetables (Broccoli & Cauliflower) Rutabagas & Red Pepper Whole Wheat Roll w/ Margarine Cups Fresh Fruit 1% Low Fat Milk
AUGUST 17	AUGUST 18	AUGUST 19	AUGUST 20	AUGUST 21
<b><u>Sliced Pork Loin w/ Cran-Raspberry Sauce</u></b> Potato Onion Souffle Turnip Greens w/ Onions Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Homestyle Meatloaf w/ Apple Brown Gravy</u></b> Seasoned Diced Potatoes Carrots Whole Grain Bread w/ Margarine Cup Pears 1% Low Fat Milk BIRTHDAY CELEBRATION!	<b>NO MEALS DELIVERED</b>	<b><u>Chili-Cheese Hot Dog</u></b> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Yellow Corn Chopped Onion, Ketchup, & Mustard Fresh Fruit 1% Low Fat Milk
AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28
<b><u>Chicken Florentine (Baked Chicken Thigh with Florentine Sauce)</u></b> Mixed Vegetables Brown Rice Whole Wheat Dinner Roll w/ Margarine Cup Blended 100% Juice 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Smoked Sausage</u></b> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Pears 1% Low Fat Milk	<b>NO MEALS DELIVERED</b>	<b><u>Baked Lemon Pepper Chicken</u></b> Cauliflower Broccoli Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk
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<b><u>Sliced Pork Loin w/ Cran-Raspberry Sauce</u></b> Potato Onion Souffle Turnip Greens w/ Onions Whole Grain Bread w/ Margarine Cup Orange Juice 1% Low Fat Milk	<b>SITE CLOSED DUE TO POLLING</b>	<b><u>Homestyle Meatloaf w/ Apple Brown Gravy</u></b> Seasoned Diced Potatoes Carrots Whole Grain Bread w/ Margarine Cup Pears 1% Low Fat Milk BIRTHDAY CELEBRATION!	<b><u>Beef Teriyaki</u></b> Vegetable Medley Brown Rice Whole Grain Bread w/ Margarine Cup Apple Spice Cookie 1% Low Fat Milk	<b><u>Chili-Cheese Hot Dog</u></b> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Yellow Corn Chopped Onion, Ketchup, & Mustard Fresh Fruit 1% Low Fat Milk
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<b>AUGUST 31</b>				
<b><u>Pasta and Meat Sauce</u></b> Spinach Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk			 A NON-PROFIT SERVING VOLUSIA SENIORS	<b>AUGUST 2020</b> 