

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SEPTEMBER 1	SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4
 <p>A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	<p><u>Breakfast Sausage Casserole</u> Diced Sweet Potatoes Green Peas Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk (sausage contains pork and beef)</p>	<p><u>Chef Salad w/ Ranch Dressing</u> (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</p>	<p><u>Sliced Cuban Pork w/ Sofrito</u> Black Beans Green Beans Whole Wheat Bread w/ Margarine Cup Cinnamon Apples 1% Low Fat Milk</p>	<p><u>Baked Chicken Thigh</u> Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk</p>
SEPTEMBER 7	SEPTEMBER 8	SEPTEMBER 9	SEPTEMBER 10	SEPTEMBER 11
	<p><u>Chicken Salad</u> Broccoli Salad Cucumber & Tomato Salad Whole Wheat Bread Graham Crackers Orange Juice 1% Low Fat Milk</p>	<p><u>Meatloaf w/ Apple Brown Gravy</u> Spinach Diced Potatoes Whole Grain Bread w/ Margarine Cup Mixed Fruit 1% Low Fat Milk</p>	<p><u>Chicken Caesar Salad w/ Caesar Dressing</u> Carrot Raisin Salad Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk</p>	<p><u>Cheeseburger</u> (Hamburger Patty, Cheese Slice, Whole Grain Bun) Potato Wedges Mushrooms Ketchup/ Mustard Fresh Fruit 1% Low Fat Milk</p>
SEPTEMBER 14	SEPTEMBER 15	SEPTEMBER 16	SEPTEMBER 17	SEPTEMBER 18
<p><u>Smoked Sausage Meal</u> Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)</p>	<p><u>Seasoned Grilled Chicken Breast w/ Country Pepper Gravy</u> Yellow Rice w/ Mixed Vegetables Green Beans Whole Grain Bread w/ Margarine Cup Blended Juice 1% Low Fat Milk</p>	<p><u>Cheese Omelet</u> Spinach Cheese Grits Whole Grain Bread w/ Margarine Cup Pineapple 1% Low Fat Milk BIRTHDAY CELEBRATION!</p>	<p><u>Italian Chicken Pasta Salad w/ Italian Dressing</u> Spring Mix Salad Beet & Onion Salad Whole Grain Bread & Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Baked Lemon Pepper Chicken</u> Winter Mix Vegetables White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk</p>
SEPTEMBER 21	SEPTEMBER 22	SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25
<p><u>Roast Pork Loin w/ Mojito Sauce</u> Green Peas California Vegetable Blend Whole Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p><u>Pasta and Meat Sauce</u> Mixed Vegetable Carrots Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p><u>Beef Riblet w/ Apple Brown Gravy</u> Squash Medley Mashed Potatoes Whole Grain Bread w/ Margarine Cup Orange Pineapple Juice 1% Low Fat Milk</p>	<p><u>Chicken Breast w/ Florentine Sauce</u> Spinach Brown Rice Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk</p>	<p><u>Chili-Cheese Hot Dog</u> Whole Grain Hot Dog Bun, Three Bean Chili topped w/ Shredded Cheese Mushrooms, Peppers, & Onions Chopped Onion, Ketchup, & Mustard Fresh Fruit 1% Low Fat Milk</p>
SEPTEMBER 28	SEPTEMBER 29	SEPTEMBER 30		
<p><u>BBQ Chicken Quarter w/ BBQ Sauce</u> Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk</p>	<p><u>Breakfast Sausage Casserole</u> Diced Sweet Potatoes Green Peas Whole Wheat Bread w/ Margarine Cup Pineapple 1% Low Fat Milk (sausage contains pork and beef)</p>	<p><u>Chef Salad w/ Ranch Dressing</u> (Sliced Turkey & Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</p>		<p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p> 