<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEPTEMBER 1</td>
<td>NO MEAL DELIVERY</td>
<td>Chef Salad w/ Ranch Dressing (Sliced Turkey &amp; Cheese) Whole Grain Bread w/ Margarine Cup Graham Crackers Blended Juice 1% Low Fat Milk</td>
<td>NO MEAL DELIVERY</td>
<td>Baked Chicken Thigh Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk</td>
</tr>
<tr>
<td>SEPTEMBER 2</td>
<td>NO MEAL DELIVERY</td>
<td>Baked Chicken Thigh Mixed Vegetables Garlic Mashed Potatoes Whole Grain Bread w/ Margarine Cup Fresh Fruit 1% Low Fat Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEPTEMBER 3</td>
<td>BIRTHDAY CELEBRATION!</td>
<td>Baked Lemon Pepper Chicken Winter Mix Vegetables White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEPTEMBER 4</td>
<td>NO MEAL DELIVERY</td>
<td>Baked Lemon Pepper Chicken Winter Mix Vegetables White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SEPTEMBER 7**

- **NO MEAL DELIVERY**
- **SEPTEMBER 8**
- **NO MEAL DELIVERY**
- **SEPTEMBER 9**
- **NO MEAL DELIVERY**
- **SEPTEMBER 10**
- **Cheeseburger (Hamburger Patty, Cheese Slice, Whole Grain Bun)** Potato Wedges Mushrooms Ketchup/ Mustard Fresh Fruit 1% Low Fat Milk
- **SEPTEMBER 11**
- **NO MEAL DELIVERY**

**SEPTEMBER 14**

- **Smoked Sausage Meal** Cabbage & Carrots Hot German Potato Salad Whole Grain Hot Dog Bun Mustard Applesauce 1% Low Fat Milk (sausage contains beef)
- **NO MEAL DELIVERY**
- **SEPTEMBER 15**
- **NO MEAL DELIVERY**
- **SEPTEMBER 16**
- **Baked Lemon Pepper Chicken Winter Mix Vegetables White Rice Whole Wheat Bread w/ Margarine cup Fresh Fruit 1% Low Fat Milk**
- **SEPTEMBER 17**
- **NO MEAL DELIVERY**
- **SEPTEMBER 18**

**SEPTEMBER 21**

- **Roast Pork Loin w/ Mojito Sauce** Green Peas California Vegetable Blend Whole Wheat Bread w/ Margarine Cup Mandarin Oranges 1% Low Fat Milk
- **NO MEAL DELIVERY**
- **SEPTEMBER 22**
- **NO MEAL DELIVERY**
- **SEPTEMBER 23**
- **NO MEAL DELIVERY**
- **SEPTEMBER 24**
- **NO MEAL DELIVERY**
- **SEPTEMBER 25**

**SEPTEMBER 28**

- **BBQ Chicken Quarter w/ BBQ Sauce** Zucchini Spinach Whole Grain Bread w/ Margarine Cup Applesauce 1% Low Fat Milk
- **NO MEAL DELIVERY**
- **SEPTEMBER 29**
- **NO MEAL DELIVERY**
- **SEPTEMBER 30**
- **NO MEAL DELIVERY**
- **MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

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

*Visit our website at [www.coavolusia.org](http://www.coavolusia.org)*