





COA NEIGHBORHOOD SENIOR DINING – SEPTEMBER 2019 – ORMOND BEACH DINING SITE 386-253-4700 x248

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2	September 3	September 4	September 5	September 6
 <p align="center">CLOSED FOR LABOR DAY</p>	<p>Grilled Chicken Breast w/Cacciatore Sauce Carrot Coins Flat Beans Italian Bread/Margarine Cup(s) Apple Sauce Blended 100% Juice 1% Low Fat Milk</p> <p align="center">LABOR DAY CELEBRATION</p>	<p>Smoked Sausage Meal Cabbage and Carrots Hot German Potato Salad Whole Grain Hot Dog Bun 1 Pack Mustard 1 Packet Raisins 1% Low Fat Milk</p> <p align="center">BIRTHDAY CELEBRATION CAKE</p>	<p>Grilled Chicken Breast w/Sweet n' Sour Sauce Brown Rice, Mixed Vegetables Whole Grain Bread Margarine Cup Pineapple 1% Low Fat Milk</p>	<p>WG Southern-Style Fish Nuggets Stewed Tomatoes California Blend Vegetables Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk</p>
September 9	September 10	September 11	September 12	September 13
<p>Chicken Fajitas(Seasoned Diced Chicken, Onions, Red/ Green Peppers) Cheesy Pinto Beans & Spanish Rice Whole Wheat Flour Tortilla & Pkt Salsa Applesauce 1% Low Fat Milk</p>	<p>Stuffed Pepper Meal Broccoli & Cauliflower Whole Grain Bread Margarine Cup(s) Apple Spice Cookie 1% Low Fat Milk</p>	<p>Sliced Roast Pork w/Mushroom Gravy Mashed Sweet Potatoes Squash Medley Wheat Bread/Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p>Meatballs w/Swedish Sauce Over Cavatappi Pasta Zucchini Casserole Whole Grain Bread Margarine Cup Warm Spiced Peaches 1% Low Fat Milk</p>	<p>BBQ Chicken Thigh Pinto Beans Rosemary Diced Potatoes Whole Grain Bread Margarine Cup Fresh Fruit 1% Low Fat Milk</p>
September 16	September 17	September 18	September 19	September 20
<p>Salisbury Steak in Brown Gravy Diced Potatoes and Veggies Brussel Sprouts Whole Wheat Roll Margarine Cup Applesauce; Orange Juice 1% Low Fat Milk</p>	<p>Chicken Alfredo Carrot Coins Green Peas Whole Wheat Roll Margarine Cup Pineapple 1% Low Fat Milk</p>	<p>Western Omelet Stewed Tomatoes Cheese Grits Whole Grain Bread Margarine Cup Peaches 1% Low Fat Milk</p>	<p>Jambalaya (Diced Chicken, Ham, Sausage, Rice and Vegetables) Diced Sweet Potatoes, Green Beans Whole Grain Bread w/ Margarine Cup Mixed Fruit in Juice 1% Low Fat Milk</p>	<p>Cheeseburger Hamburger Patty & American Cheese Baked Beans & Potato Wedges Hamburger Bun w/packet Ketchup, and Mustard Fresh Fruit 1% Low Fat Milk</p>
September 23	September 24	September 25	September 26	September 27
<p>Breaded Pollock Northern Beans w/Pepper & Onion Stewed Tomatoes Whole Grain Roll Packet Tartar Sauce Peaches 1% Low Fat Milk</p>	<p>Sliced Cuban Pork w/ Sofritos Cuban-Style Black Beans Brown Rice Cuban Roll/Margarine Cup Pineapple Tidbits 1% Low Fat Milk</p>	<p>Chicken Parmesan Rotini Noodles in Marinara Sauce Italian Bean Ragout Italian Bread/Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>	<p>Chili Dog (Hot Dog, Whole Grain Bun, Three Bean Chili w/shredded Cheese) Baked Apple w/ Raisins Chopped onions Graham Crackers 1% Low Fat Milk</p>	<p>Chicken Thigh In Lemon Pepper Sauce Yellow Corn, and Mashed Potatoes Wheat Bread /Margarine Cup Fresh Fruit 1% Low Fat Milk</p>
September 30				
<p>Home-Style Meatloaf w/Onion Gravy Mashed Potatoes Green Beans Whole Wheat Bread /Margarine Cup Mandarin Oranges 1% Low Fat Milk</p>		 Menu Subject to Change.	<p>VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	 A NON-PROFIT SERVING VOLUSIA SENIORS