





**COA NEIGHBORHOOD SENIOR DINING – SEPTEMBER 2019 – NEW SMYRNA BEACH DINING SITE 386-253-4700 x 248**

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