




**COA NEIGHBORHOOD SENIOR DINING – JANUARY 2019 – DELAND DINING SITE 386-736-9706**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>New Year's Day Site Closed</b></p> <p><b>Approved Frozen meal delivered previous week</b></p>	<p><b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b>                      Italian Flat Beans                      Warm Spiced Peaches                      Garlic Roll                      1% Low Fat Milk</p>	<p><b>Smoked Sausage</b>                      German Potato Salad                      Cabbage and Carrots                      Whole Grain Hot Dog Bun                      1 pk. Mustard                      1 pkt. Raisins                      1% Low Fat Milk</p>	<p><b>BBQ Chicken Thigh</b>                      Mac &amp; Cheese                      Green Peas                      Whole Grain Bread                      1 Margarine Cup                      1 Fresh Fruit                      1% Low Fat Milk</p>
January 7	January 8	January 9	January 10	January 11
<p><b>Breaded Pollack</b>                      Cheese Grits                      Stewed Tomatoes                      Whole Grain Bread                      1 Margarine Cup                      1 pk. Tartar Sauce                      Pineapple Cup                      1% Low Fat Milk</p>	<p><b>Sliced Turkey w/Gravy</b>                      Cornbread Stuffing                      Mixed Vegetables                      1 Whole Grain Bread                      1 Margarine Cup                      Grape Juice                      1% Low Fat Milk</p>	<p><b>Vegetable Barley Soup</b> (Cong)  <b>Sliced Cuban Pork w/ Sofrito</b>                      Black Beans                      Yellow Rice                      1 Cuban Roll /1 Margarine Cup                      Pears                      Birthday Dessert                      1% Low Fat Milk</p> <p align="center"></p> <p align="center"><b>BIRTHDAY CELEBRATION</b></p>	<p><b>Chicken Chop Suey</b>                      Parsley White Rice                      Lima Beans                      1 Whole Grain Bread                      1 Margarine Cup                      Mandarin Oranges                      1% Low Fat Milk</p>	<p><b>Sliced Meatloaf w/ Brown Gravy</b>                      Potatoes Florentine                      Carrots                      Dinner Roll                      Fresh Fruit                      1% Low Fat</p>
January 14	January 15	January 16	January 17	January 18
<p><b>Roast Beef Marsala</b>                      Potato Onion Soufflé                      Brussel sprouts                      1 Whole Grain Roll                      1 Margarine Cup                      Mixed Fruit                      1% Low Fat Milk</p>	<p><b>Chili Dog</b> (Hot Dog w/Whole Grain Bun),                      Three Bean Chili w/ Shredded Cheese)                      Baked Apple w/ Raisins                      1 pkt. Chopped Onions                      1 pkg. Graham Crackers (2 ct.)                      8 oz. 1% Low Fat Milk</p>	<p><b>Southwest Pulled Chicken w/ BBQ Sauce</b>                      Collard Greens                      ½ c. Brown Rice                      1 Corn Muffin                      ½ c. Applesauce                      8 oz. 1% Low Fat Milk</p>	<p><b>Spaghetti w/ Sauce &amp; Meatballs (5 Each)</b>                      Garlic Spinach                      Carrot Coins                      1 Dinner Roll                      Pears                      1% Low Fat Milk</p>	<p><b>Minestrone Soup</b> (Cong)  <b>Chicken Breast w/ Coq au Vin Sauce</b>                      Mashed Potatoes                      Broccoli Cuts                      Italian Bread                      1 Margarine Cup                      Fresh Fruit                      8 oz. 1% Low Fat Milk</p>
January 21	January 22	January 23	January 24	January 25
<p><b>Martin Luther King Day Site Closed</b></p> <p><b>Approved Frozen meal delivered previous week</b></p>	<p><b>Twisted Mac and Cheese w/ Chicken Chorizo</b>                      Green Peas                      Cauliflower &amp; Red Pepper                      Whole Grain Bread                      1 Margarine Cup                      Mandarin Oranges                      1% Low Fat Milk</p>	<p><b>Sloppy Joe</b> /Ground Beef, Whole Grain Bun)                      Sweet Potatoes                      Green Beans                      Peaches                      1% Low Fat Milk</p>	<p><b>Pork Chop Patty w/ Country Pepper Gravy</b>                      Mashed Potatoes                      Mixed Vegetables                      1 Biscuit                      Pears                      1% Low Fat Milk</p>	<p><b>Split Pea Soup</b> (Cong)  <b>Sliced Turkey Ham w/ Pineapple Sauce</b>                      Mashed Sweet Potatoes                      Black Eyed Peas                      Dinner Roll w/ Margarine Cup                      Fresh Fruit                      1% Low Fat Milk</p>
January 28	January 29	January 30	January 31	
<p><b>White Chicken Chili</b>                      Brown Rice                      Carrot Coins                      1 Whole Grain Roll                      Pears                      1% Low Fat Milk</p>	<p><b>Cheeseburger</b>                      (Beef Patty, ½ oz. Cheese Slice, Hamburger Bun)                      Baked Beans                      Corn w/ Diced Tomatoes                      1 pk. Ketchup/ Mustard                      Whole Grain Graham                      Blended 100% Juice                      1% Low Fat Milk</p>	<p><b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b>                      Italian Flat Beans                      Warm Spiced Peaches                      1 Garlic Roll                      1% Low Fat Milk</p>	<p><b>Smoked Sausage</b>                      German Potato Salad                      Cabbage and Carrots                      Whole Grain Hot Dog Bun                      1 pk. Mustard                      1 pkt. Raisins                      8 oz. 1% Low Fat Milk</p>	 <p>A NON-PROFIT SERVING VOLUSIA SENIORS</p> <p>VISIT OUR WEBSITE AT  <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a></p>