

COA NEIGHBORHOOD SENIOR DINING – JANUARY 2019 - SICA HALL 386-236-2997

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1	January 2	January 3	January 4
	New Year's Day Site Closed	<u>Turkey & Cheese Lasagna Roll-Up w/ Marinara</u> Italian Flat Beans Warm Spiced Peaches Garlic Roll 1% Low Fat Milk	<u>Smoked Sausage</u> German Potato Salad Cabbage and Carrots Whole Grain Hot Dog Bun 1 pk. Mustard 1 pkt. Raisins 1% Low Fat Milk	<u>BBQ Chicken Thigh</u> Mac & Cheese Green Peas Whole Grain Bread 1 Margarine Cup 1 Fresh Fruit 1% Low Fat Milk
January 7	January 8	January 9	January 10	January 11
<u>Breaded Pollack</u> Cheese Grits Stewed Tomatoes Whole Grain Bread 1 Margarine Cup 1 pk. Tartar Sauce Pineapple Cup 1% Low Fat Milk	<u>Sliced Turkey w/Gravy</u> Cornbread Stuffing Mixed Vegetables 1 Whole Grain Bread 1 Margarine Cup Grape Juice 1% Low Fat Milk	<u>Vegetable Barley Soup</u> (Cong) <u>Sliced Cuban Pork w/ Sofrito</u> Black Beans Yellow Rice 1 Cuban Roll /1 Margarine Cup Pears Birthday Dessert 1% Low Fat Milk 	<u>Chicken Chop Suey</u> Parsley White Rice Lima Beans 1 Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Sliced Meatloaf w/ Brown Gravy</u> Potatoes Florentine Carrots Dinner Roll Fresh Fruit 1% Low Fat
January 14	January 15	January 16	January 17	January 18
<u>Roast Beef Marsala</u> Potato Onion Soufflé Brussel sprouts 1 Whole Grain Roll 1 Margarine Cup Mixed Fruit 1% Low Fat Milk	<u>Chili Dog</u> (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	<u>Southwest Pulled Chicken w/ BBQ Sauce</u> Collard Greens Baked Rice Corn Muffin Applesauce 1% Low Fat Milk	<u>Spaghetti w/ Sauce & Meatballs (5 Each)</u> Garlic Spinach Carrot Coins 1 Dinner Roll Pears 1% Low Fat Milk	<u>Minestrone Soup</u> (Cong) <u>Chicken Breast w/ Coq au Vin Sauce</u> Mashed Potatoes Broccoli Cuts Italian Bread 1 Margarine Cup Fresh Fruit 8 oz. 1% Low Fat Milk
January 21	January 22	January 23	January 24	January 25
Martin Luther King Day Site Closed	<u>Twisted Mac and Cheese w/ Chicken Chorizo</u> Green Peas Cauliflower & Red Pepper Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u>Sloppy Joe</u> /Ground Beef, Whole Grain Bun) Sweet Potatoes Green Beans Peaches 1% Low Fat Milk	<u>Pork Chop Patty w/ Country Pepper Gravy</u> Mashed Potatoes Mixed Vegetables 1 Biscuit Pears 1% Low Fat Milk	<u>Split Pea Soup</u> (Cong) <u>Sliced Turkey Ham w/ Pineapple Sauce</u> Mashed Sweet Potatoes Black Eyed Peas Dinner Roll w/ Margarine Cup Fresh Fruit 1% Low Fat Milk
January 28	January 29	January 30	January 31	
<u>White Chicken Chili</u> Brown Rice Carrot Coins 1 Whole Grain Roll Pears 1% Low Fat Milk	<u>Cheeseburger</u> (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	<u>Turkey & Cheese Lasagna Roll-Up w/ Marinara</u> Italian Flat Beans Warm Spiced Peaches 1 Garlic Roll 1% Low Fat Milk	<u>Smoked Sausage</u> German Potato Salad Cabbage and Carrots Whole Grain Hot Dog Bun 1 pk. Mustard 1 pkt. Raisins 8 oz. 1% Low Fat Milk	 A NON-PROFIT SERVING VOLUSIA SENIORS VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG