




**COA NEIGHBORHOOD SENIOR DINING – JANUARY 2019 - NEW SMYRNA BEACH DINING SITE 386-410-5839**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1	January 2	January 3	January 4
	<b>New Year's Day Site Closed</b>	<b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b> Italian Flat Beans Warm Spiced Peaches Garlic Roll 1% Low Fat Milk	<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	<b>BBQ Chicken Thigh</b> 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
<b>Breaded Pollack</b> Cheese Grits Stewed Tomatoes Whole Grain Bread 1 Margarine Cup 1 pk. Tartar Sauce Pineapple Cup 1% Low Fat Milk	<b>Sliced Turkey w/Gravy</b> Cornbread Stuffing Mixed Vegetables 1 Whole Grain Bread 1 Margarine Cup Grape Juice 1% Low Fat Milk	<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 	<b>Chicken Chop Suey</b> Parsley White Rice Lima Beans 1 Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<b>Sliced Meatloaf w/ Brown Gravy</b> Potatoes Florentine Carrots Dinner Roll Fresh Fruit 1% Low Fat
January 14	January 15	January 16	January 17	January 18
<b>Roast Beef Marsala</b> Potato Onion Soufflé Brussel sprouts 1 Whole Grain Roll 1 Margarine Cup Mixed Fruit 1% Low Fat Milk	<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	<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	<b>Spaghetti w/ Sauce &amp; Meatballs (5 Each)</b> Garlic Spinach Carrot Coins 1 Dinner Roll Pears 1% Low Fat Milk	<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
January 21	January 22	January 23	January 24	January 25
<b>Martin Luther King Day Site Closed</b>	<b>Twisted Mac and Cheese w/ Chicken Chorizo</b> Green Peas Cauliflower & Red Pepper Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<b>Sloppy Joe</b> /Ground Beef, Whole Grain Bun) Sweet Potatoes Green Beans Peaches 1% Low Fat Milk	<b>Pork Chop Patty w/ Country Pepper Gravy</b> Mashed Potatoes Mixed Vegetables 1 Biscuit Pears 1% Low Fat Milk	<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
January 28	January 29	January 30	January 31	
<b>White Chicken Chili</b> Brown Rice Carrot Coins 1 Whole Grain Roll Pears 1% Low Fat Milk	<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	<b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b> Italian Flat Beans Warm Spiced Peaches 1 Garlic Roll 1% Low Fat Milk	<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	 A NON-PROFIT SERVING VOLUSIA SENIORS  VISIT OUR WEBSITE AT <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a>

