

**COA NEIGHBORHOOD SENIOR DINING – JANUARY 2019 - *ORMOND BEACH DINING SITE 386-677-1549***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1	January 2	January 3	January 4
	<b>New Year's Day Site Closed</b>	<u><b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b></u> Italian Flat Beans Warm Spiced Peaches Garlic Roll 1% Low Fat Milk	<u><b>Smoked Sausage</b></u> German Potato Salad Cabbage and Carrots Whole Grain Hot Dog Bun 1 pk. Mustard 1 pkt. Raisins 1% Low Fat Milk	<u><b>BBQ Chicken Thigh</b></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><b>Breaded Pollack</b></u> Cheese Grits Stewed Tomatoes Whole Grain Bread 1 Margarine Cup 1 pk. Tartar Sauce Pineapple Cup 1% Low Fat Milk	<u><b>Sliced Turkey w/Gravy</b></u> Cornbread Stuffing Mixed Vegetables 1 Whole Grain Bread 1 Margarine Cup Grape Juice 1% Low Fat Milk	<u><b>Vegetable Barley Soup</b></u> (Cong) <u><b>Sliced Cuban Pork w/ Sofrito</b></u> Black Beans Yellow Rice 1 Cuban Roll /1 Margarine Cup Pears Birthday Dessert 1% Low Fat Milk 	<u><b>Chicken Chop Suey</b></u> Parsley White Rice Lima Beans 1 Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u><b>Sliced Meatloaf w/ Brown Gravy</b></u> Potatoes Florentine Carrots Dinner Roll Fresh Fruit 1% Low Fat
January 14	January 15	January 16	January 17	January 18
<u><b>Roast Beef Marsala</b></u> Potato Onion Soufflé Brussel sprouts 1 Whole Grain Roll 1 Margarine Cup Mixed Fruit 1% Low Fat Milk	<u><b>Chili Dog</b></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><b>Southwest Pulled Chicken w/ BBQ Sauce</b></u> Collard Greens ½ c. Brown Rice 1 Corn Muffin ½ c. Applesauce 8 oz. 1% Low Fat Milk	<u><b>Spaghetti w/ Sauce &amp; Meatballs (5 Each)</b></u> Garlic Spinach Carrot Coins 1 Dinner Roll Pears 1% Low Fat Milk	<u><b>Minestrone Soup</b></u> (Cong) <u><b>Chicken Breast w/ Coq au Vin Sauce</b></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
<b>Martin Luther King Day Site Closed</b>	<u><b>Twisted Mac and Cheese w/ Chicken Chorizo</b></u> Green Peas Cauliflower & Red Pepper Whole Grain Bread 1 Margarine Cup Mandarin Oranges 1% Low Fat Milk	<u><b>Sloppy Joe</b></u> /Ground Beef, Whole Grain Bun) Sweet Potatoes Green Beans Peaches 1% Low Fat Milk	<u><b>Pork Chop Patty w/ Country Pepper Gravy</b></u> Mashed Potatoes Mixed Vegetables 1 Biscuit Pears 1% Low Fat Milk	<u><b>Split Pea Soup</b></u> (Cong) <u><b>Sliced Turkey Ham w/ Pineapple Sauce</b></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><b>White Chicken Chili</b></u> Brown Rice Carrot Coins 1 Whole Grain Roll Pears 1% Low Fat Milk	<u><b>Cheeseburger</b></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><b>Turkey &amp; Cheese Lasagna Roll-Up w/ Marinara</b></u> Italian Flat Beans Warm Spiced Peaches 1 Garlic Roll 1% Low Fat Milk	<u><b>Smoked Sausage</b></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 <a href="http://WWW.COAVOLUSIA.ORG">WWW.COAVOLUSIA.ORG</a>