

**Menu**  
**Meals On Wheels**  
**◆ January 2025 ◆**

**209-3693**

***Please call by noon the day before to schedule or cancel a reservation***

***\*All menu items are subject to change according to availability.\****

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		1st <b><i>Happy New Year!</i></b> COA Holiday Closed	2nd Baked Ham, Hoppin John, Collard Greens, and Corn Bread	3rd Baked Ziti, Green Beans, and Seasonal Vegetables
6th Beef Stew, Seasonal Vegetables, and Apple Cobbler	7th Oven Fried Pork Chop, Sweet Potatoes, Seasonal Vegetables, and Dinner Roll	8th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, and Seasonal Vegetables	9th Breaded Fish Fillet, Vegetable Medley, Lima Beans, and Wild Rice	10th Beef & Bean Tostada topped w/ Tomato, Diced, Cheese, Onion, and Spanish Rice Salad
13th Hamburger Steak smothered in Gravy, Mashed Potatoes, Seasonal Vegetables, and Dinner Roll	14th Chili, Seasonal Vegetables, and Rice	15th Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables	16th Sloppy Joe served on a Bun, Tater Tots, and Cabbage	17th BLT Salad, Three Bean Salad, and Croissant
20th M.L. King Jr. Closed	21st Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	22nd All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	23rd Tuna Sandwich, Lettuce, Tomato, Pickle, and Signature Potato Salad	24th Herb Crusted Pork Loin w/ Mushroom Gravy, Seasonal Vegetables, and Dinner Roll
27th Pot Roast smothered in Gravy, Mashed Potatoes, Seasonal Vegetables, and Dinner Roll	28th Cheesy Chicken smothered in Caramelized Mushrooms & Onions, Vegetable Pasta Primavera, and Fresh Baked Garlic Knot	29th Beef Stew, Seasonal Vegetables, and Apple Crisp	30th Sausage, Peppers, and Onion over Rice, and Seasonal Vegetables	31st BBQ Chicken, Seasonal Vegetables, Sweet Potatoes, and Cornbread

***\* Each Meal includes fruit and low fat milk \****

St. Johns County Council On Aging, a private non-profit corporation funded by the Federal Older Americans Act, State General Revenue through the Florida Department of Elder Affairs, Northeast Florida Area Agency on Aging, Elder Source, St. Johns County Board of County Commissioners, and the United Way of St. Johns County.