

# Menu



## Meals On Wheels

### ♦ January 2026 ♦

**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.\***

Monday	Tuesday	Wednesday	Thursday	Friday
			1st New Year's Closed 	2nd COA Holiday Closed
5th Pork Chop, Seasonal Vegetables, and Dinner Roll	6th Salisbury Steak, Roasted Potatoes, Seasonal Vegetables, and Dinner Roll	7th Chicken Fettuccine Alfredo, Roasted Brussel Sprouts, and Seasonal Vegetables	8th Breaded Fish Fillet, Vegetable Medley, Lima Beans, and Wild Rice	9th Oven Fried Pork Chop, Fresh Sweet Potato, Seasonal Vegetables, and Dinner Roll
12th Chicken Enchiladas, and Beans & Rice	13th Chili, Baked Potato, and Crackers	14th Herby Chicken Pot Pie with a Biscuit Crust, and Seasonal Vegetables	15th Sloppy Joe served on a Bun, Seasonal Vegetables, and Baked Beans	16th BLT Salad, Three Bean Salad, and Croissant
19th 	20th Meatloaf, Mashed Potatoes, Gravy, Seasonal Vegetables, and Dinner Roll	21st Chicken Parmesan over Pasta, Seasonal Vegetables	22nd Pork Chop smothered in Mushroom Gravy, Seasonal Vegetables, and Dinner Roll	23rd Tuna Sandwich, Lettuce, Tomato, Pickle, and Signature Potato Salad
26th All Beef Hot Dog, Sauerkraut, and Roasted Potatoes	27th Cheesy Chicken smothered in Caramelized Mushrooms & Onions, Seasonal Vegetables, and Dinner Roll	28th Beef Stew, Seasonal Vegetables, and Apple Crisp	29th Lasagna, and Seasonal Vegetables	30th BBQ Chicken, Seasonal Vegetables, Fresh Sweet Potato and Cornbread

30th Cheese, Sausage, Peppers, and Onion Sub, and Salad				
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*\* 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.