Menu
Meals On Wheels
November ♦2026 ♦
209-3693

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Goulash, and Seasonal Vegetables	3rd Chicken Tenders, Roasted Potatoes, Seasonal Vegetables, and Dinner Roll	4th Spaghetti w/ Italian Meat Sauce, and Seasonal Vegetables	5th Herb Crusted Pork Loin, Smothered in Mushroom Gravy, Seasonal Vegetables, and Macaroni & Cheese	6th Open Faced Turkey Sandwich, Mashed Potatoes, and Seasonal Vegetables
9th Beef Stew, Seasonal Vegetables, Cherry Cobbler, and Biscuit	10th Chicken Tenders, Macaroni & Cheese, Seasonal Vegetables, and Dinner Roll	11th Veterans Day! **COA Closed** 	12th BBQ Pork Sandwich, Seasonal Vegetables, and Roasted Potatoes	13th Chicken Club Pasta Salad on a Bed of Crisp Lettuce
16th Turkey Chili, Seasonal Vegetable, and Rice	17th Egg Salad Sandwich, Lettuce, Tomato, Creamy Cucumber Salad, and Fresh Fruit	18th Stuffed Pepper Casserole, Parsley Potatoes, and Three Bean Salad	19th Sausage Pilau, Vegetable Medley, and Cherry Cobbler	20th Chicken Fajitas, Black Beans & Rice
23rd Meatloaf, Mashed Potatoes, Seasonal Vegetables, and Dinner Roll	24th Tacos w/Ground Turkey, Lettuce, Tomato, Beans, Spanish Rice	25th Thanksgiving Feast Oven Roasted Turkey	26th Thanksgiving **COA Closed** 	27th Thanksgiving **COA Closed**
30th Stir Fry Chicken, Vegetables, and Steamed Rice				

**** 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.