



Aging True MOW

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
We care about you! Call us at (904) 807-1257 to suspend or resume services.				1 - Independence Day Meal
				1 BBQ Pork Baked Beans Macaroni and Cheese Hamburger Bun Fudge Crème Cookie Milk
4	5	6	7	8
CLOSED	Pork Sausage Northern Beans California Vegetables Hot Dog Bun Mustard Fruit Cup Calcium Fort OJ	Salisbury Beef/Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	Lemon Pepper Chicken Black-eye Peas Collard Greens Dinner Roll Fresh Fruit Calcium Fort OJ	Taco Meat Pinto Beans Mexican Rice Lettuce and Tomato Shredded Cheese Flour Tortilla Fresh Fruit Taco Sauce Milk
11	12	13	14	15
Creole Steak Garlic Whip Potato Garden Vegetables Dinner Roll Fruit Cup Milk	Chicken with Biscuit Gravy Whole Kernel Corn Green Beans Dinner Roll Fruit Cup Calcium Fort OJ	Baked Meatballs Brown Gravy/Mushrooms Mixed Beans Broccoli & Carrots Dinner Roll Fresh Fruit Milk	Tuna Mac Salad Cole Slaw Green Pea Salad Saltine Crackers Fresh Fruit Calcium Fort OJ	Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit Milk
18	19	20	21	22
Meatloaf/Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup Milk	Chicken Cordon Bleu Parslied Rice Green Peas Dinner Roll Fresh Fruit Calcium Fort OJ	Turkey Ham White Beans Whole Kernel Corn Spring Vegetables Dinner Roll Fresh Fruit Milk	Oven Fried Chicken Lima Beans Mixed Greens Cornbread Fresh Fruit Calcium Fort OJ	Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler Mustard Ketchup Milk
25	26	27	28	29
Meatballs with Spaghetti Sauce Spaghetti Noodles Summer Vegetables Wheat Bread Fruit Cup Milk	Orange Glazed Chicken Delmonico Potatoes Okra & Tomatoes Dinner Roll Fresh Fruit Calcium Fort OJ	BBQ Rib Patty Red Beans and Rice Peas and Carrots Dinner Roll Fresh Fruit Milk	Chicken Salad Garbanzo Bean Salad Lettuce/Sliced Tomato Pita Bread Fresh Fruit Dressing Calcium Fort OJ Ranch	Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit Milk

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August 2022



Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
1	Mozzarella Chicken Penne/Tomatoes Brussels Sprouts Dinner Roll Fruit Cup Milk	2	Pork Sausage Northern Beans California Vegetables Hot Dog Bun Fruit Cup Calcium Fort OJ Mustard	3	Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	4	Lemon Pepper Chicken Black-eye Peas Collard Greens Dinner Roll Fresh Fruit Calcium Fort OJ	5	Taco Meat Pinto Beans Mexican Rice Lettuce and Tomato Shredded Cheese Flour Tortilla Taco Sauce Fresh Fruit Milk
8		9		10		11		12	
8	Creole Steak Garlic Whip Potato Garden Vegetables Dinner Roll Fruit Cup Milk	9	Chicken with Biscuit Gravy Green Beans Whole Kernel Corn Dinner Roll Fruit Cup Calcium Fort OJ	10	Baked Meatballs Brown Gravy/ Mushrooms Dinner Roll Mixed Beans Broccoli & Carrots Fresh Fruit Milk	11	Tuna Mac Salad Green Pea Salad Coleslaw Fresh Fruit Saltine Crackers Calcium Fort OJ	12	Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit Milk
15		16		17		18		19	
15	Meatloaf/Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup Milk	16	Chicken Cordon Bleu Parslied Rice Green Peas Dinner Roll Fresh Fruit Calcium Fort OJ	17	Turkey Ham with White Beans Whole Kernel Corn Spring Vegetables Dinner Roll Fresh Fruit Milk	18	Oven Fried Chicken Lima Beans Mixed Greens Cornbread Fresh Fruit Calcium Fort OJ	19	Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler Milk Mustard Ketchup
22		23		24		25		26	
22	Meatballs with Spaghetti Sauce Spaghetti Noodles Summer Vegetables Wheat Bread Fruit Cup Milk	23	Orange Glazed Chicken Delmonico Potatoes Okra & Tomatoes Dinner Roll Fresh Fruit Calcium Fort OJ	24	BBQ Rib Patty Red Beans and Rice Peas and Carrots Dinner Roll Fresh Fruit Milk	25	Chicken Salad Garbanzo Bean Salad Lettuce/Sliced Tomato Ranch Dressing Pita Bread Fresh Fruit Calcium Fort OJ	26	Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit Milk
29		30		31					
29	Mozzarella Chicken Penne/Tomatoes Brussels Sprouts Dinner Roll Fruit Cup Milk	30	Pork Sausage Northern Beans California Vegetables Hot Dog Bun Fruit Cup Calcium Fort OJ Mustard	31	Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk	We care about you! Call us at (904) 807-1257 to suspend or resume services.			



Aging True MOW

September 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
We care about you! Call us at (904) 807-1257 to suspend or resume services.						1		2 - Labor Day Meal	
						1 Lemon Pepper Chicken Black-eye Peas Collard Greens Dinner Roll Fresh Fruit Calcium Fort OJ		2 BBQ Chicken Baked Beans Hashbrown Casserole Dinner Roll Oreo Cookie Milk	
5		6		7		8		9	
5 CLOSED		6 Chicken with Biscuit Gravy Whole Kernel Corn Green Beans Dinner Roll Fruit Cup Calcium Fort OJ		7 Baked Meatballs Brown Gravy/ Mushrooms Mixed Beans Dinner Roll Broccoli & Carrots Fresh Fruit Milk		8 Tuna Mac Salad Green Pea Salad Saltine Crackers Fresh Fruit Calcium Fort OJ		9 Garlic Rosemary Chicken Lima Beans Mustard Greens Wheat Bread Fresh Fruit Milk	
12		13		14		15		16	
12 Meatloaf/Brown Gravy Whipped Potatoes Orange Carrots Wheat Bread Fruit Cup Milk		13 Chicken Cordon Bleu Parslied Rice Green Peas Dinner Roll Fresh Fruit Calcium Fort OJ		14 Turkey Ham with White Beans Whole Kernel Corn Spring Vegetables Dinner Roll Fresh Fruit Milk		15 Oven Fried Chicken Lima Beans Mixed Greens Cornbread Fresh Fruit Calcium Fort OJ		16 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler Milk Mustard Ketchup	
19		20		21		22		23	
19 Meatballs with Spaghetti Sauce and Spaghetti Summer Vegetables Wheat Bread Fruit Cup Fruit Cup Milk		20 Orange Glazed Chicken Delmonico Potatoes Okra & Tomatoes Dinner Roll Fresh Fruit Calcium Fort OJ		21 BBQ Rib Patty Red Beans and Rice Peas and Carrots Dinner Roll Fresh Fruit Milk		22 Chicken Salad Garbanzo Bean Salad Lettuce/Sliced Tomato Pita Bread Fresh Fruit Calcium Fort OJ Ranch Dressing		23 Beef Fiesta Mac Pinto Beans Whole Kernel Corn Wheat Bread Fresh Fruit Milk	
26		27		28		29		30	
26 Mozzarella Chicken Penne/Tomatoes Brussels Sprouts Dinner Roll Fruit Cup Milk		27 Pork Sausage Northern Beans California Vegetables Hot Dog Bun Fruit Cup Calcium Fort OJ Mustard		28 Salisbury Beef Onion Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Milk		29 Lemon Pepper Chicken Black-eye Peas Collard Greens Dinner Roll Fresh Fruit Calcium Fort OJ		30 Taco Meat Pinto Beans Mexican Rice Taco Sauce Lettuce and Tomato Shredded Cheese Flour Tortilla Fresh Fruit Milk	