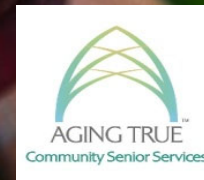


Aging True MOW

October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We care about you! Call us at (904) 807-1257 to suspend or resume services.</p>				<p>1</p>
<p>4</p>				<p>1</p>
<p>4 Beef with Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup Milk Margarine</p>	<p>5 Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Fresh Fruit Calcium Fort OJ Margarine</p>	<p>6 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Fruit Cup Dinner Roll Milk Margarine</p>	<p>7 Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit Calcium Fortified OJ</p>	<p>8 Beef Stroganoff Lima Beans Orange Carrots Wheat Bread Fresh Fruit Margarine Milk</p>
<p>11</p>				<p>8</p>
<p>11 Parmesan Chicken Penne and Tomatoes Italian Vegetables Dinner Roll Fruit Cup Milk Margarine</p>	<p>12 Beef and Bean Chili Whole Kernel Corn Green Beans Saltine Crackers Fresh Fruit Calcium Fort OJ</p>	<p>13 BBQ Rib Patty Butter Beans Summer Vegetables Dinner Roll Margarine Fresh Fruit Milk</p>	<p>14 Oven Fried Chicken Thigh Parslied Whipped Potatoes Collard Greens Cornbread Margarine Fresh Fruit Calcium Fort OJ</p>	<p>8 Cheese Omelet Grits Spinach Biscuit Fresh Fruit Margarine Assorted Jelly Milk</p>
<p>18</p>				<p>15</p>
<p>18 Turkey Ham & White Beans Buttered Rice Spring Vegetables Dinner Roll Fruit Cup Milk Margarine</p>	<p>19 Chicken Taco Meat Pinto Beans Lettuce and Tomato Shredded Cheese Flour Tortilla Fresh Fruit Taco Sauce Calcium Fort OJ</p>	<p>20 Chopped Steak/Gravy Twice Whipped Potatoes Wheat Bread Mixed Greens Fresh Fruit Milk Margarine</p>	<p>21 Chicken Gumbo Yellow Rice Garden Vegetables Fresh Fruit Cornbread Calcium Fort OJ</p>	<p>15 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler Milk Mustard/Ketchup</p>
<p>25</p>				<p>22</p>
<p>25 Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup Milk Margarine</p>	<p>26 Chicken Tetrizzini Whole Kernel Corn Green Beans Fresh Fruit Calcium Fort OJ Wheat Bread Margarine</p>	<p>27 Pork Sausage Lima Beans Country Vegetables Hot Dog Bun Fresh Fruit Mustard Milk</p>	<p>28 Beef and Rice Casserole Green Peas Dilled Carrots Dinner Roll Fresh Fruit Calcium Fort OJ Margarine</p>	<p>22 Italian Mac & Beef Herbed Green Beans Tossed Salad Dinner Roll Hot Spiced Apples Milk Ranch Dressing Margarine</p>
<p>25</p>				<p>29</p>
<p>25 Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup Milk Margarine</p>	<p>26 Chicken Tetrizzini Whole Kernel Corn Green Beans Fresh Fruit Calcium Fort OJ Wheat Bread Margarine</p>	<p>27 Pork Sausage Lima Beans Country Vegetables Hot Dog Bun Fresh Fruit Mustard Milk</p>	<p>28 Beef and Rice Casserole Green Peas Dilled Carrots Dinner Roll Fresh Fruit Calcium Fort OJ Margarine</p>	<p>29 BBQ Chicken Thigh Black-eyed Peas Mustard Greens Cornbread Fruit Cup Milk Margarine</p>

Aging True MOW November 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
1	Beef with Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Margarine Fruit Cup Milk	2	Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Margarine Fresh Fruit Calcium Fort OJ	3	Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Fruit Cup Dinner Roll Milk Margarine	4	Tuna Mac Salad Coleslaw Green Pea Salad Fresh Fruit Saltine Crackers Calcium Fortified OJ	5	Cheese Omelet Grits Spinach Fresh Fruit Biscuit Margarine Assorted Jelly Milk
8		9		10		11		12	
8	Parmesan Chicken Penne and Tomatoes Italian Vegetables Dinner Roll Margarine Fruit Cup Milk	9	Beef and Bean Chili Whole Kernel Corn Green Beans Saltine Crackers Fresh Fruit Calcium Fort OJ	10	BBQ Rib Patty Butter Beans Summer Vegetables Dinner Roll Fresh Fruit Milk Margarine	11	Oven Fried Chicken Thigh Parslied Whipped Potatoes Collard Greens Margarine Cornbread Fresh Fruit Calcium Fort OJ	12	Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Milk Mixed Fruit Cobbler Mustard/Ketchup
15		16		17		18		19	
15	Turkey Ham & White Beans Buttered Rice Spring Vegetables Dinner Roll Fruit Cup Milk Margarine	16	Chicken Taco Meat Pinto Beans Lettuce and Tomato Shredded Cheese Flour Tortilla Fresh Fruit Calcium Fort OJ Taco Sauce	17	Chopped Steak/Gravy Twice Whipped Potatoes Mixed Greens Wheat Bread Fresh Fruit Milk Margarine	18	Chicken Gumbo Yellow Rice Garden Vegetables Cornbread Fresh Fruit Calcium Fort OJ	19	Italian Mac & Beef Herbed Green Beans Tossed Salad Dinner Roll Hot Spiced Apples Milk Ranch Dressing Margarine
22		23		24 - Thanksgiving Meal		25		26	
22	Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup Milk Margarine	23	Chicken Tetrizzini Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Calcium Fort OJ Margarine	24	Sliced Turkey w/ gravy Cornbread Dressing Glazed Carrots Cranberry Sauce Milk Dinner Roll Margarine Cherry Fruited Gelatin	25	CLOSED	26	BBQ Chicken Thigh Black-Eyed Peas Mustard Greens Corn Bread Fruit Cup Margarine Milk
29		30		We care about you! Call us at (904) 807-1257 to suspend or resume services.					
29	Beef with Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup Margarine Milk	30	Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Margarine Fresh Fruit Calcium Fort OJ						

Aging True MOW

December 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
<p>We care about you! Call us at (904) 807-1257 to suspend or resume services.</p>				<p>1 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Dinner Roll Fruit Cup Milk Margarine</p>		<p>2 Tuna Mac Salad Coleslaw Green Pea Salad Saltine Crackers Fresh Fruit Calcium Fortified OJ</p>		<p>3 Cheese Omelet Grits Spinach Biscuit Fresh Fruit Milk Margarine Assorted Jelly</p>	
6		7		8		9		10	
<p>6 Parmesan Chicken Penne and Tomatoes Italian Vegetables Dinner Roll Fruit Cup MilkMargarine</p>		<p>7 Beef and Bean Chili Whole Kernel Corn Green Beans Saltine Crackers Fresh Fruit Calcium Fort OJ</p>		<p>8 BBQ Rib Patty Butter Beans Summer Vegetables Dinner Roll Fresh Fruit Milk Margarine</p>		<p>9 Oven Fried Chicken Thigh Parslied Whipped Potatoes Collard Greens Cornbread Fresh Fruit Calcium Fort OJ Margarine</p>		<p>10 Hamburger Patty Baked Beans Sliced Tomato Lettuce Hamburger Bun Mixed Fruit Cobbler Milk Mustard/Ketchup</p>	
13		14		15		16		17	
<p>13 Turkey Ham & White Beans Buttered Rice Spring Vegetables Dinner Roll Fruit Cup Milk Margarine</p>		<p>14 Chicken Taco Meat Pinto Beans Lettuce and Tomato Shredded Cheese Flour Tortilla Fresh Fruit Calcium Fort OJ Taco Sauce</p>		<p>15 Chopped Steak/Gravy Twice Whipped Potatoes Mixed Greens Wheat Bread Fresh Fruit Milk Margarine</p>		<p>16 Chicken Gumbo Yellow Rice Garden Vegetables Cornbread Fresh Fruit Calcium Fort OJ</p>		<p>17 Italian Mac & Beef Herbed Green Beans Tossed Salad Dinner Roll Hot Spiced Apples Milk Ranch Dressing Margarine</p>	
20		21		22		23 - Christmas Meal		24	
<p>20 Creole Steak Delmonico Potatoes Mixed Vegetables Dinner Roll Fruit Cup Milk Margarine</p>		<p>21 Chicken Tetrzzini Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit Calcium Fort OJ</p>		<p>22 Pork Sausage Lima Beans Country Vegetables Hot Dog Bun Fresh Fruit Milk Mustard</p>		<p>23 Glazed Ham Au Gratin Potatoes Green Beans Amandine Dinner Roll Margarine Fluffy Fruit Salad Milk</p>		<p>24 CLOSED</p>	
27		M 28		29		30		31	
<p>27 Beef with Mushroom Gravy Garlic Whipped Potatoes California Vegetables Dinner Roll Fruit Cup Milk Margarine</p>		<p>28 Garlic Rosemary Chicken Mixed Beans Turnip Greens Wheat Bread Fresh Fruit Margarine Calcium Fort OJ</p>		<p>29 Cheesy Beef Casserole Glazed Carrots Brussels Sprouts Dinner Roll Fruit Cup Milk Margarine</p>		<p>30 Tuna Mac Salad Green Pea Salad Coleslaw Saltine Crackers Fresh Fruit Calcium Fortified OJ</p>		<p>31 CLOSED</p>	