

December Menu 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to availability of foods.					1	2
Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel Approved By: _____ (Assistant) Executive Director					Soup-Split Pea Ham Salad w/ Vegetables Vanilla Pudding Blueberry Sauce WW Bread	
3	4 Seasoned Oven Baked Chicken Scalloped Potatoes Broccoli Peachy Crisp	5 Hamburger Patty WW Bun/ LTM Oven Browned Potatoes Sweet Corn Pineapple	6 Beef & Veg. Stew Spinach Chocolate Pudding WW Bread	7 Breakfast 9:00am- 10:30am Center will close at 12:00pm	8 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW. Bread	9
10	11 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread	12 Spaghetti & Meat Sauce Vegetable Salad Applesauce Garlic Toast	13 Red Beans & Rice Cabbage Peach Halves WW Bread	14 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sect.	15 Steak & Peppers Au gratin Potatoes Mixed Fruit WW Bread	16
17	18 Chicken Corn Casserole Mashed Potatoes Chicken Gravy Green Peas Mandarin Orange	19 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread	20 Roast Beef Round Orange Glazed Sw. Potatoes Spinach Fruit Cocktail WW Bread	21 Christmas Prog. Cured Ham Baked Apple & Sweet Potatoes Mustard Greens Pineapple upside down cake Cornbread	22 Bean Soup w/ Ham Egg Salad Sandwich on WW Bread Fruit Salad w/ Strawberries	23
24	25 Closed Merry Christmas 	26 Chile w/ Meat & Beans Waldorf Fruit Salad Peach Yogurt Dessert	27 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	28 Seasoned Pinto Beans Onions Chopped Turnip Greens Cornbread Applesauce	29 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot Raisin Salad Cling Peaches	30
31						