

# February Menu 2018

Microsoft  
Helping Individuals hold on to what they value most... THEIR INDEPENDENCE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	2 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	3
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p><b>Project Title:</b> Raleigh County Commission on Aging, Inc.</p> <p><b>Sites:</b> Manor House, Wildwood, Coal City &amp; Glen Daniel</p> <p>Approved By: _____</p> <p>(Assistant) Executive Director</p>						
4	5 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	6 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	7 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	8 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	9 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	10
11	12 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	13 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	14 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	15 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	16 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	17
18	19 Closed Presidents' Day  <small>shutterstock - 153391391</small>	20 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	21 Red Beans & Rice Cabbage Peach Halves WW Bread	22 Lighter Chicken Salad WW Bread Tomato Vegetable Soup	23 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	24
25	26 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	27 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	28 Baked Potatoes Swiss Cheese Chopped Chives Deville Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread			