



# January Menu 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> CLOSED  <b>HAPPY NEW YEAR!!!!</b>	<b>2</b> Lean 'n' Light Lasagna Raw Veg. Salad w/ Oil & Vinegar Dress Purple Plums WW Garlic Toast	<b>3</b> Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	<b>4</b> Salisbury Steak/ Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	<b>5</b> Soup-Split Pea Ham Salad w/ Vegetables Vanilla Pudding Blueberry Sauce WW Bread	<b>6</b>
<b>7</b>	<b>8</b> Seasoned Oven Baked Chicken Scalloped Potatoes Broccoli Peachy Crisp WW Bread	<b>9</b> Hamburger Patty WW Bun/ LTM Oven Browned Potatoes Sweet Corn Pineapple	<b>10</b> Beef & Veg. Stew Spinach Chocolate Pudding WW Bread	<b>11</b> Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	<b>12</b> Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad	<b>13</b>
<b>14</b>	<b>15</b> CLOSED  <b>MLK Jr. Day</b>	<b>16</b> Spaghetti & Meat Sauce Vegetable Salad Applesauce Garlic Toast	<b>17</b> Red Beans & Rice Cabbage Peach Halves WW Bread	<b>18</b> Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit	<b>19</b> Steak & Peppers Au gratin Potatoes Mixed Fruit WW Bread	<b>20</b>
<b>21</b>	<b>22</b> Chicken Corn Casserole Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread	<b>23</b> Tasty Meat Loaf Scalloped Potatoes Green Beans Apple	<b>24</b> Roast Beef Round Orange Glazed Sw. Potatoes Spinach Fruit Cocktail	<b>25</b> Seasoned Oven Baked Chicken Potatoes Baked Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread	<b>26</b> Bean Soup w/ Ham Egg Salad Sandwich on WW Bread Fruit Salad w/ Strawberries	<b>27</b>
<b>28</b>	<b>29</b> Creole Baked Pork Chop Mashed Potatoes Pork Gravy Mustard Greens Banana WW Bread	<b>30</b> Chile w/ Meat & Beans Waldorf Fruit Salad Peach Yogurt Dessert WW Bread	<b>31</b> Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	Milk served with all meals. Menu subject to change due to availability of foods.  <b>Project Title:</b> Raleigh County Commission on Aging, Inc. <b>Sites:</b> Manor House, Wildwood, Coal City & Glen Daniel Approved By: _____ <div style="text-align: right;">(Assistant) Executive Director</div>		