



JUNE MENU 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc.					1 Senior Picnic Must Sign-up. New River Park 10:00am- 1pm	2
Approved by: _____						
Executive Director (Assistant Director)						
3	4 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	5 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	6 Sloppy Joe on Whole-wheat Bun Vegetable Salad w/ Oil & Vinegar Dress Peach	7 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	8 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	9
10	11 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	12 Breaded Pork Chops Oven Brownd Potatoes Broccoli Fruit Cocktail WW Bread	13 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	14 Tasty Meat Loaf Oven Brownd Potatoes Seasoned Vegetable Medley Peaches WW Roll	15 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Roll	16
17 HAPPY FATHER'S DAY! 	18 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	19 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	20 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections	21 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	22 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	23
24	25 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	26 Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread	27 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches	28 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries	29 Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits	30

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NO ELIGIBLE PARTICIPANT WILL BE DENIED A SERVICE BECAUSE OF HIS/HER INABILITY OR FAILURE TO CONTRIBUTE TO THE COST OF A MEAL.