

MARCH MENU 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By: _____</p>	<p>(Assistant) Executive Director</p>			<p>1 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits</p>	<p>2 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin</p>	<p>3</p>
<p>4</p>	<p>5 Roasted Beef Rd. Creamier Mashed Potatoes Broccoli Pineapple Chunks WW Bread</p>	<p>6 Seasoned Pinto Beans Onions Mandarin Oranges Baked Custard Cornbread</p>	<p>7 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Fruit Salad Dressing WW Bread</p>	<p>8 Baked Flounder w/ Lemon Sauce Pasta Salad Stewed Tomatoes Grapes WW Bread</p>	<p>9 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuits</p>	<p>10</p>
<p>11 Don't forget to Spring forward !!</p> 	<p>12 Spaghetti w/ Grd. Turkey Meat Sauce Green Salad Italian Dressing Pear Halves WW Garlic Toast</p>	<p>13 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon</p>	<p>14 Tasty Meat Loaf Scalloped Potatoes Broccoli Purple Plums WW Bread</p>	<p>15 Seasoned Baby Lima Beans Cornbread Cucumbers and Onions in Sour Cream Dressing Peachy Crisp</p>	<p>16 Skinless Barbecued Chicken Dilly Potato Salad Green Beans Pineapple WW Bread</p>	
<p>18</p>	<p>19 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread</p>	<p>20 Breaded Pork Chops Oven Browned Potatoes Broccoli Fruit Cocktail WW Bread</p>	<p>21 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread</p>	<p>22 Sloppy Joe on WW Bun Raw Vegetable Salad w/ Oil and Vinegar Dress Peach</p>	<p>23 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls</p>	<p>24</p>
<p>25 Palm Sunday</p> 	<p>26 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread</p>	<p>27 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread</p>	<p>28 Salisbury Steak/ Brown Gravy Long Grain Brown Rice Green Peas Orange Slices</p>	<p>29 Easter Program Chicken Italiano Pasta w/ Mushrooms Buttered Carrots Fruit Medley WW Bread</p>	<p>30 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread</p> <p><i>Good Friday</i></p>	

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