

Milk served with all meals. Menu subject to change due to availability of foods.

**Project Title:** Raleigh County Commission on Aging, Inc.  
**Sites:** Manor House, Wildwood, Coal City & Glen Daniel  
 Approved

By: \_\_\_\_\_

(Assistant) Executive Director

# May Menu 2018 Older Americans Month

| Sun | Mon   | Tue   | Wed  | Thu   | Fri  | Sat |
|-----|---|---|--|---|--|-----|
|     |   | 1   | 2  | 3   | 4  | 5   |
|     |   | Breaded Pork Chops<br>Oven Browned Potatoes<br>Broccoli<br>Fruit Cocktail                                 | Roast Turkey Breast<br>Combread Stuffing<br>Green Beans<br>Cantaloupe<br>WW Bread  | Sloppy Joe on WW Bun<br>Vegetable Salad w/ Oil & Vinegar Dress<br>Peach   | Chunky Vegetable Soup<br>Tomato Stuffed w/ Tuna Salad<br>Apple                                 |     |
| 6   | 7   | 8   | 9  | 10  | 11   | 12  |
|     | Chicken Italiano<br>Spaghetti w/ Marinara Sauce<br>Fresh Yellow Squash<br>Pear<br>WW Bread                            | Savory Black Beans<br>Devilled Eggs<br>Tossed Green Salad<br>Italian Dressing<br>Strawberries<br>Combread | Salisbury Steak/ Brown Gravy<br>Brown Gravy for Beef<br>Long Grain Brown Rice<br>Green Peas<br>Orange Sections<br>WW Bread | Lean 'n' Light Lasagna<br>Spinach Mushroom Salad<br>WW Garlic Toast<br>Applesauce                                     | Oven Fried Fish<br>Savory Boiled Potatoes<br>Buttered Carrots<br>Stewed Prunes<br>WW Bread     |     |
| 13  | 14  | 15  | 16   | 17  | 18   | 19  |
|     | Baked Steak w/ Peppers and Onions<br>Cooked Rice<br>Sweet Corn<br>Fruit Medley<br>WW Bread                            | Roast Chicken<br>Cauliflower Pollanese<br>Marinated Green Beans<br>Apricot Halves<br>WW Bread             | Seasoned Pinto Beans<br>Onions<br>Combread<br>Herb Seasoned Spinach<br>Cling Peaches                                       | Ham Sliced<br>WW Bread<br>Mayo<br>Looseleaf Lettuce<br>Red Tomato<br>Baked Beans<br>Vanilla Ice Cream<br>Strawberries | Cream of Mushroom Soup<br>Cheesy Pea Salad on Romaine Lettuce<br>Cherry Cobbler<br>WW Biscuits |     |
| 20  | 21  | 22  | 23   | 24  | 25   | 26  |
|     | Macaroni Cheese & Chicken Casserole<br>Spinach<br>Marinated Beets and Onions<br>Watermelon<br>WW Bread                | Seasoned Broiled Fish<br>Potatoes, Baked<br>Green Beans<br>Pineapple<br>WW Bread                          | Fiesta Hamburgers on WW Bun<br>Red Tomato<br>Iceberg Lettuce Leaves<br>Oven Browned Potatoes<br>Banana                     | Turkey ala King<br>WW Biscuits<br>Broccoli<br>Fruit Cocktail  | Oven Crisp Chicken<br>Creamier Mashed Potatoes<br>Zucchini and Tomatoes<br>Grapes<br>WW Bread  |     |
| 27  | 28  | 29  | 30   | 31  |  |     |
|     | <b>CLOSED<br/>MEMORIAL DAY</b><br> | Seasoned Pinto Beans<br>Onions<br>Green Beans<br>Mandarin Oranges<br>Baked Custard<br>Combread            | Seasoned Oven Baked Chicken<br>Long Grain Brown Rice<br>Spinach<br>Mixed Fruit Salad<br>Fruit Salad Dressing<br>WW Bread   | Baked Flounder w/ Lemon Sauce<br>Springtime Pasta Salad<br>Stewed Tomatoes<br>Grapes<br>WW Bread                      |  |     |



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