



Raleigh County Commission on Aging, Inc.

September Menu 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Milk served with all meals. Menu subject to change due to availability of foods.				1	2
ApprovedBy:	Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel			(Assistant)	Cook's Choice	
		Executive Director				
3	Closed Labor Day	5 Roast Beef Mashed Potatoes Broccoli Pineapples WW Bread	6 Pinto Beans Onions Green Beans Cornbread Baked Custard Mandarin Oranges	7 Oven Baked Chicken Long Gr. Brown Rice Spinach WW Bread Mixed Fruit Salad	8 Dining Room Closed Elder Abuse Conference	9
10	11 Spaghetti/Meat Sauce Tossed Salad Italian Dressing WW Garlic Toast Pear Halves	12 Chicken Salad WW Bread Spinach Soup Watermelon	13 Meat Loaf Scalloped Potatoes Broccoli WW Bread Cantaloupe	14 Baby Lima Beans Cornbread Cucumbers & Onions Peach Crisp	15 BBQ Chicken Dilly Potato Salad Green Beans WW Bread Pineapple	16
17	18 Salmon Patty Parsley Noodles Mixed Greens WW Bread Orange	19 Breaded Pork Chops Oven Browned Potatoes Broccoli WW Bread Fruit Cocktail	20 Roasted Turkey Breast Cornbread Stuffing Green Beans WW Bread Cantaloupe	21 Sloppy Joe WW Bun Vegetable Salad Oil & Vinegar Dressing Peach	22 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad WW Roll Apple	23
24	25 Chicken Italiano Spaghetti w/ Marinara Sauce Yellow Squash WW Bread Pear	26 Savory Black Beans Deville Eggs Tossed Green Salad/ Italian Dressing Corn Bread Strawberries	27 Salisbury Steak Brown Gravy Long Grain Brown Rice Peas WW Bread Orange Sections	28 Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	29 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots WW Bread Stewed Prunes	30



No Eligible participant will be denied a service because of his/her inability or failure to contribute to the cost

1614 South Kanawha St.
Beckley, WV 25801
(304)255-1397

