

AUGUST MENU 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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</p> <p>Approved by: (Assistant) Executive Director</p>			<p>1 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread</p>	<p>2 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce</p>	<p>3 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread</p>	4
5	<p>6 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread</p>	<p>7 Roast Chicken Cauliflower Pollanese Marinated Green Beans Apricot Halves WW Bread</p>	<p>8 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches</p>	<p>9 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries</p>	<p>10 Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits</p>	11
12	<p>13 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread</p>	<p>14 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread</p>	<p>15 Fiesta Hamburgers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Brownd Potatoes Banana</p>	<p>16 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail</p>	<p>17 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Tomatoes Grapes WW Bread</p>	18
19	<p>20 Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread</p>	<p>21 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread</p>	<p>22 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread</p>	<p>23 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</p>	<p>24 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit</p>	25
26	<p>27 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast</p>	<p>28 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon</p>	<p>29 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread</p>	<p>30 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp</p>	<p>31 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread</p>	

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