


SEPTEMBER 2018

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

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. Sites: Manor House, Wildwood, Coal City & Glen Daniel Approved by: _____ (Assistant) Executive Director						
2	3 CLOSED 	4 Breaded Pork Chops Oven Browned Potatoes Broccoli Fruit Cocktail WW Bread	5 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	6 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dress Peach	7 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls	8
9	10 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	11 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Combread	12 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread	13 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	14 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	15
16	17 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	18 Roast Chicken Cauliflower Pollanese Marinated Green Beans Apricot Halves WW Bread	19 Seasoned Pinto Beans Onions Combread Herb Seasoned Spinach Cling Peaches	20 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries	21 Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits	22
23 30	24 Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	25 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Combread	26 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	27 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	28 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	29

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