

October Menu 2018

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread	2 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread	3 Roasted Beef- Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread	4 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread	5 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries	6
7	8 CLOSED COLUMBUS DAY	9 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	10 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	11 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	12 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	13
14	15 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	16 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	17 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	18 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	19 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	20
21	22 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	23 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	24 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	25 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	26 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	27
28	29 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread	30 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	31 Halloween Virgin Blood Mary Baked Steak w/ Peppers & Onions Mashed Potatoes Seasoned Green Beans Boo Berry Gelatin Eye of Newt Cookie WW Bread	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 ApprovedBy: Assistant) Executive Director		