

# November Menu 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to availability of foods. <b>Project Title:</b> Raleigh County Commission on Aging, Inc. <b>Sites:</b> Manor House, Wildwood, Coal City & Glen Daniel Approved By: _____  (Assistant) Executive Director				1 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections	2 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	3
4	5 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	6 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	7 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread	8 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits	9 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin	10
11	12 CLOSED VETERAN'S DAY  	13 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread	14 Roasted Beef- Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread	15 Roast Turkey Breast Cornbread Stuffing Green Beans Jellied Citrus Salad Angel Food Cake WW Bread	16 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries	17
18	19 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread	20 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	21 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	22 <b>CLOSED HAPPY THANKSGIVING</b>  	23 <b>CLOSED SHOP TIL YOU DROP!!!</b>	24
25	26 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	27 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	28 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	29 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	30 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	