



January Menu 2019

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: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED HAPPY NEW YEAR	2 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	3 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	4 Baked Flounder w/ Lemon Sauce Oven Broiled Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	5
6	7 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	8 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	9 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	10 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	11 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	12
13	14 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	15 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Broiled Potatoes Sweet Corn Pineapple Slices	16 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	17 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	18 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	19
20 	21 CLOSED DR. MARTIN LUTHER KING JR. DAY	22 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	23 Red Beans & Rice Cabbage Peach Halves WW Bread	24 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections	25 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	26
27	28 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	29 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	30 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread	31 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits		

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

