



# February Menu 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p><b>Project Title:</b> Raleigh County Commission on Aging, Inc.  <b>Sites:</b> Manor House, Wildwood, Coal City &amp; Glen Daniel</p> <p>Approved By: _____            (Assistant) Executive Director</p>						<p>1 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin</p>	<p>2</p>
<p>3</p>	<p>4 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread</p>	<p>5 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread</p>	<p>6 Roasted Beef- Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread</p>	<p>7 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread</p>	<p>8 Bean Soup w/ Ham Egg Salad Sandwich on WW Bread Fruit Salad w/ Strawberries</p>	<p>9</p>	
<p>10</p>	<p>11 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread</p>	<p>12 Chili w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread</p>	<p>13 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread</p>	<p>14 <b>Valentine's Day</b> Oven Crisp Chicken Baked Sw. Potato Spinach Love at first bite brownie WW Roll</p>	<p>15 Baked Flounder w/ Lemon Sauce Oven Brownd Potatoes Carrot-Raisin Salad Cling Peaches WW Bread</p>	<p>16</p> 	
<p>17</p> 	<p>18</p> <p><b>CLOSED</b></p> <p><b>PRESIDENT'S DAY</b></p>	<p>19 Lasagna Vegetable Salad Oil &amp; Vinegar Dressing Purple Plums WW Garlic Toast</p>	<p>20 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread</p>	<p>21 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread</p>	<p>22 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread</p>	<p>23</p>	
<p>24</p>	<p>25 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread</p>	<p>26 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Brownd Potatoes Sweet Corn Pineapple Slices</p>	<p>27 Beef &amp; Vegetable Stew Spinach Chocolate Pudding WW Bread</p>	<p>28 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread</p>			