

MAY MENU 2019

OLDER AMERICAN'S MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By:</p> <p>(Assistant) Executive Director</p>			<p>1 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches</p>	<p>2 Staff Training</p>	<p>3 Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits</p>	<p>4</p>
<p>5</p>	<p>6 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread</p>	<p>7 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread</p>	<p>8 Fiesta Hamburgers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Brownd Potatoes Banana</p>	<p>9 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail</p>	<p>10 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Tomatoes Grapes WW Bread</p>	<p>11</p>
<p>12</p> <p></p>	<p>13 Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread</p>	<p>14 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread</p>	<p>15 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing</p>	<p>16 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</p>	<p>17 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit</p>	<p>18</p>
<p>19</p>	<p>20 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast</p>	<p>21 Breakfast 9:00- 10:30am Fighting Senior Hunger Day 1:00-3:00pm</p>	<p>22 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread</p>	<p>23 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp</p>	<p>24 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread</p>	<p>25</p>
<p>26</p>	<p>27 CLOSED !!</p> <p></p>	<p>28 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread</p>	<p>29 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread</p>	<p>30 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dress Peach</p>	<p>31 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls</p>	<p></p>

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