



JUNE MENU 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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: _____ (Assistant) Executive Director						
2	3 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	4 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries	5 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections	6 Lean 'n' Light Lasagna Spinach Mush- room Salad WW Garlic Toast Applesauce	7 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	8
9	10 Baked Steak w/ Peppers and On- ions Cooked Rice Sweet Corn Fruit Medley WW Bread	11 Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread	12 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches	13 Ham Sliced WW Bread Mayo/Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries	14 Cream of Mush- room Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits Flag Day	15 
16 Father's Day 	17 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread	18 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread	19 Fiesta Hamburgers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Brownd Potatoes Banana	20 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail West Virginia Day	21 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Toma- atoes Grapes WW Bread Summer Begins	22 
23	24 Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	25 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	26 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dress- ing	27 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	28 1st Annual Senior Picnic New River Park 10am-1pm Sign -up starts: June 10, 2019 until 21st or when ca- pacity is met.	29
30						

1614 S. Kanawha St.
Beckley, WV 25801

(304) 255-1397

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


Commission on Aging
Raleigh County