



October Menu 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
			Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges	Roasted Beef-Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread	Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread	Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries	CHILI NIGHT IN UPTOWN BECKLEY, SEE YOU THERE. COME TRY OUR AWARD WINNING CHILI. 5pm-8pm
6	(Assistant) Executive Director	7	8	9	10	11	12
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		Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana	Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	
13		14	15	16	17	18	19
		CLOSED COLUMBUS DAY	Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	
20		21	22	23	24	25	26
		Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	
27	Approved By:	28	29	30	31		
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		Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread	Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	Red Beans & Rice Cabbage Peach Halves WW Bread	Baked Steak w/ Pepper & Onions Mashed Potatoes Green Beans Boo Berry Gelatin Eye of Newt Cookie		

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

