


September Menu 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>wishing you</p>  <p>lots of it.</p>		1 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	2 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread	3 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	4 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	5
6	7 CLOSED LABOR DAY	8 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	9 Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread	10 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches	11 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries	12
13	14 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread	15 Seasoned Broiled Fish Potatoes, Baked Green Beans Pineapple WW Bread	16 Fiesta Hamburg- ers on WW Bun Red Tomato Iceberg Lettuce Leaves Oven Brownd Potatoes Banana	17 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail	18 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Tomatoes Grapes WW Bread	19
20	21 Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	22 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	23 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	24 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	25 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	26
27	28 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	29 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	30 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	<p>Milk served with all meals. # Menu subject to change due to the availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood House, Coal City & Glen Daniels</p> <p>Approved By: _____ Executive Director</p>		