

November Menu 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|--|-----|
| 1  Daylight Saving Time Ends | 2 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread | 3 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread | 4 Baked Potatoes Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread | 5 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits | 6 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin | 7 |
| 8 | 9 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread | 10 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread | 11 Closed in observance of Veteran's Day  | 12 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread | 13 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries | 14 |
| 15 | 16 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread | 17 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread | 18 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread | 19 Roast Turkey Breast Cornbread Stuffing Giblet Gravy Broccoli Au gratin WW Roll Sweet Potato Pie | 20 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread | 21 |
| 22 | 23 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp | 24 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast | 25 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread | 26 CLOSED | 27 CLOSED  | 28 |
| 29 | 30 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread | 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: _____ | | | Executive Director | | | |

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