


October Menu 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>						
4	5 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread	6 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	7 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	8 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	9 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread	10
11	12 Closed in Observance of Columbus Day 	13 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	14 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	15 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	16 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	17
18	19 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	20 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	21 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	22 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	23 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	24
25	26 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread	27 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	28 Red Beans & Rice Cabbage Peach Halves WW Bread	29 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections	30 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	31

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