

January Menu 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED HAPPY NEW YEAR!	2
3	4 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp	5 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	6 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread	7 Salisbury Steak Brown Gravy Mashed Potatoes Mexican Style Corn Apple Slices WW Bread	8 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread	9
10	11 Seasoned Baked Chicken Scalloped Potatoes Broccoli Peach Crisp WW Bread	12 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	13 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread	14 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	15 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread	16
17 	18 CLOSED Dr. Martin Luther King Jr. Day	19 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast	20 Red Beans & Rice Cabbage Peach Halves WW Bread	21 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Fruit Sections	22 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread	23
24	25 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	26 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	27 Baked Potatoes Swiss Cheese Chopped Chives Deville Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread	28 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits	29 Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot-Raisin Salad Orange Pineapple Gelatin	30
31	<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By: _____ Executive Director</p>					

No eligible participant will be denied a service because of his/her inability or failure to contribute to the cost of a meal.

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