

May Menu 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to availability of foods.						1
<p>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By: _____</p>						
2	3 Roasted Beef–Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	4 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	5 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	6 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	7 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	8
9 	10 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	11 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	12 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	13 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	14 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	15
16	17 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	18 Breaded Pork Chops Oven Browned Potatoes Broccoli Fruit Cocktail WW Bread	19 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	20 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dress Peach	21 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls	22
23	24 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	25 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	26 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread	27 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	28 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread	29
30	31 Closed 					