


# July Menu 2021

1614 S. Kanawha St.  
Beckley, WV 25801

(304)255-1397

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