


September Menu 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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			1 <i>Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dress Peach</i>	2 <i>Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread</i>	3 <i>Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls</i>	4
8	6 CLOSED 	7 <i>Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Combread</i>	8 <i>Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread</i>	9 <i>Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce</i>	10 <i>Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread</i>	11
12	13 <i>Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread</i>	14 <i>Roast Chicken Cauliflower Pol-ianese Marinated Green Beans Apricot Halves WW Bread</i>	15 <i>Seasoned Pinto Beans Onions Combread Herb Seasoned Spinach Cling Peaches</i>	16 <i>Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries</i>	17 <i>Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits</i>	18
19	20 <i>Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread</i>	21 <i>Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Combread</i>	22 <i>Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread</i>	23 <i>Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</i>	24 <i>Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit</i>	25
26	<i>Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast</i>	<i>Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon</i>	<i>Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread</i>	<i>Seasoned Baby Lima Beans Combread Cucumber and Onions in Sour Cream Dressing Peachy Crisp</i>		

SENOIR CENTER MONTH

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