



October Menu 2021



(304) 255-1397

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	2
					Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	
3	4 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange	5 Breaded Pork Chops Oven Brownd Potatoes Broccoli Fruit Cocktail WW Bread	6 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	7 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dressing Peach	8 Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls	9
10	11 CLOSED COLUMBUS DAY	12 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear	13 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread	14 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce	15 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes	16
17	18 Baked Steak w/ Peppers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread	19 Roast Chicken Cauliflower Pollanese Marinated Green Beans Apricot Halves WW Bread	20 Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches	21 Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream	22 Cream of Mushroom Soup Cheesy Pea Salad on Ro-mainne Lettuce Cherry Cobbler	23
24	25 Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	26 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard	27 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad	28 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes	29 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	30
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