


January Menu 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>						
2	3 <i>Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</i>	4 <i>Spaghetti & Meat Sauce Vegetable Salad Applesauce WW Garlic Toast</i>	5 <i>Red Beans & Rice Cabbage Peach Halves WW Bread Peach Halves</i>	6 <i>Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit</i>	7 <i>Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread</i>	8
9	10 <i>Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread</i>	11 <i>Baked Pork Chop Sweet Potato Souffle' Spinach Applesauce WW Bread</i>	12 <i>Baked Potato Swiss Cheese Chopped Chives Devilled Eggs Zucchini Squash Cherry Cobbler WW Bread</i>	13 <i>Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits</i>	14 <i>Tuna Salad Sandwich WW Bread Mixed Vegetable Soup Carrot Raisin Salad Orange Pineapple Gelatin</i>	15
16	17 CLOSED <i>In Observance of Martin Luther King Jr. Day</i>	18 <i>Chicken Corn Casserole Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread</i>	19 <i>Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread</i>	20 <i>Roast Beef Rd. Orange Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread</i>	21 <i>Seasoned Oven Baked Chicken Baked Potato Seasoned Vegetable Medley Orange Pineapple Gelatin</i>	22
23	24 <i>Creole Baked Pork Mashed Potatoes Mustard Greens Banana WW Bread</i>	25 <i>Chile w/ Meat & Beans Waldorf Salad Peach Yogurt Dessert WW Bread</i>	26 <i>Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread</i>	27 <i>Season Pinto Beans Onions Turnip Greens Cornbread Applesauce</i>	28 <i>Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot Raisin Salad Cling Peaches WW Bread</i>	29
30	31 <i>Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp</i>					

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