


# May Menu 2022

## Older Americans Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Chicken Italiano Spaghetti w/ Mari- nara Sauce Fresh Yellow Squash Pear WW Bread</i>	3 <i>Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread</i>	4 <i>Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread</i>	5 <i>Lean 'n' Light Lasa- gna Spinach Mushroom Salad WW Garlic Toast Applesauce</i>	6 <i>Oven Fried Fish Savory Boiled Pota- toes Buttered Carrots Stewed Prunes WW Bread</i>	7
8 	9 <i>Baked Steak w/ Pep- pers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread</i>	10 <i>Roast Chicken Cauliflower Pol- lanese Marinated Green Beans Apricot Halves WW Bread</i>	11 <i>Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spin- ach Cling Peaches</i>	12 <i>Breakfast 9:30am— 10:30am  Center will close at 12:00pm Wildwood &amp; Manor House will be served.</i>	13 <i>Cream of Mushroom Soup Cheesy Pea Salad on Romaine Lettuce Cherry Cobbler WW Biscuits</i>	14
15	16 <i>Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread</i>	17 <i>Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread</i>	18 <i>Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread</i>	19 <i>Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</i>	20 <i>Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit</i>	21
22	23 <i>Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Sal- ad Italian Dressing Pear Halves WW Garlic Toast</i>	24 <i>Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon</i>	25 <i>Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread</i>	26 <i>Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp</i>	27 <i>Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread</i>	28
29	30 <b>Closed</b> <b>Memorial Day</b>	31 <i>Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread</i>	<p><b>Milk served with all meals. Menu subject to change due to avail- ability of foods.</b></p> <p><b>Project Title: Raleigh County Commission on Aging, Inc.</b></p> <p><b>Sites: Manor House, Wildwood, Coal City &amp; Glen Daniel</b></p> <p>Approved By: _____ Executive Director</p>			

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