



# June Menu 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to the availability of foods.</p> <p><b>Project Title: Raleigh County Commission on Aging, Inc.</b></p> <p><b>Sites: Manor House, Wildwood House, Coal City &amp; Glen Daniels</b></p> <p>Approved By: _____ Executive Director</p>			<p>1 <i>Pork Chop Potato Wedges Green Beans Cantaloupe WW Bread</i></p>	<p>2 <i>Sloppy Joe on WW Bun Vegetable Salad w/ Oil &amp; Vinegar Dress Peach</i></p>	<p>3 <i>Chunky Vegetable Soup Tomato Stuffed w/ Tuna Salad Apple WW Rolls</i></p>	<p>4</p>
5	<p>6 <i>Chicken Italiano Spaghetti w/ Marina- ra Sauce Fresh Yellow Squash Pear WW Bread</i></p>	<p>7 <i>Ham Sliced WW Bread Mayo Looseleaf Lettuce Red Tomato Baked Beans Vanilla Ice Cream Strawberries</i></p>	<p>8 <i>Salisbury Steak/ Brown Gravy Long Grain Brown Rice Green Peas Orange Sections WW Bread</i></p>	<p>9 <i>Lean 'n' Light Lasa- gna Spinach Mushroom Salad WW Garlic Toast Applesauce</i></p>	<p>10 <i>Oven Fried Fish Savory Boiled Pota- toes Buttered Carrots Stewed Prunes WW Bread</i></p>	11
12	<p>13 <i>Baked Steak w/ Pep- pers and Onions Cooked Rice Sweet Corn Fruit Medley WW Bread</i></p>	<p>14 <i>Roast Chicken Cauliflower Pollanese Marinated Green Beans Apricot Halves WW Bread</i>  <b>FLAG DAY</b></p>	<p>15 <i>Seasoned Pinto Beans Onions Cornbread Herb Seasoned Spinach Cling Peaches</i></p>	<p>16 <i>Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread</i></p>	<p>17 <i>Senior Picnic New River Park Shelter #1</i>  <b>Must sign up to attend Deadline to sign up June 10th</b></p>	18
<p>19</p> 	<p>20 <i>Closed in observance of Juneteenth</i></p> 	<p>21 <i>Roasted Beef- Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread</i>  <b>Summer Begins</b></p>	<p>22 <i>Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread</i></p>	<p>23 <i>Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread</i></p>	<p>24 <i>Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</i></p>	25
26	<p>27 <i>Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast</i></p>	<p>28 <i>Lighter Chicken Sal- ad WW Bread Cream of Spinach Soup Watermelon</i></p>	<p>29 <i>Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread</i></p>	<p>30 <i>Seasoned Baby Lima Beans Cornbread Cucumber and On- ions in Sour Cream Dressing Peachy Crisp</i></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.