

August 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|--|-----|
| | 1 <i>Cook's Choice</i> | 2 <i>Lighter Chicken Salad</i> <i>WW Bread</i> <i>Cream of Spinach Soup</i> <i>Watermelon</i> | 3 <i>Tasty Meat Loaf</i> <i>Scalloped Potatoes w/ Parsley</i> <i>Broccoli</i> <i>Purple Plums</i> <i>WW Bread</i> | 4 <i>Seasoned Baby Lima Beans</i> <i>Cornbread</i> <i>Cucumber and Onions in Sour Cream Dressing</i> <i>Peachy Crisp</i> | 5 <i>Skinless BBQ Chicken</i> <i>Dilly Potato Salad</i> <i>Green Beans</i> <i>Pineapple</i> <i>WW Bread</i> | 6 |
| Milk served with all meals. Menu subject to change due to the availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood House & Coal City & Executive Director | 8 <i>Salmon Patty</i> <i>Parsley Noodles</i> <i>Mixed Field Greens</i> <i>Italian Dressing</i> <i>Orange</i> <i>WW Bread</i> | 9 <i>Breaded Pork Chops</i> <i>Oven Brownd Potatoes</i> <i>Broccoli</i> <i>Fruit Cocktail</i> <i>WW Bread</i> | 10 <i>Roast Turkey Breast</i> <i>Cornbread Stuffing</i> <i>Green Beans</i> <i>Cantaloupe</i> <i>WW Bread</i> | 11 <i>Sloppy Joe on WW Bun</i> <i>Vegetable Salad w/ Oil & Vinegar Dress</i> <i>Peach</i> | 12 Senior Picnic <i>New River Park Shelter # 1</i> <i>Must Sign up to attend</i> <i>See Crystal Foley to sign up.</i> | 13 |
| | 15 <i>Chicken Italiano</i> <i>Spaghetti w/ Marinara Sauce</i> <i>Fresh Yellow Squash</i> <i>Pear</i> <i>WW Bread</i> | 16 <i>Savory Black Beans</i> <i>Devilled Eggs</i> <i>Tossed Green Salad</i> <i>Italian Dressing</i> <i>Strawberries</i> <i>Cornbread</i> | 17 <i>Salisbury Steak/ Brown Gravy</i> <i>Brown Gravy for Beef</i> <i>Long Grain Brown Rice</i> <i>Green Peas</i> <i>Orange Sections</i> | 18 <i>Lean 'n' Light Lasagna</i> <i>Spinach Mushroom Salad</i> <i>WW Garlic Toast</i> <i>Applesauce</i> | 19 <i>Oven Fried Fish</i> <i>Savory Boiled Potatoes</i> <i>Buttered Carrots</i> <i>Stewed Prunes</i> <i>WW Bread</i> | 20 |
| | 22 <i>Baked Steak w/ Peppers and Onions</i> <i>Cooked Rice</i> <i>Sweet Corn</i> <i>Fruit Medley</i> <i>WW Bread</i> | 23 <i>Roast Chicken</i> <i>Cauliflower Pol- lanese</i> <i>Marinated Green Beans</i> <i>Apricot Halves</i> <i>WW Bread</i> | 24 <i>Seasoned Pinto Beans</i> <i>Onions</i> <i>Cornbread</i> <i>Herb Seasoned Spinach</i> <i>Cling Peaches</i> | 25 <i>Ham Sliced</i> <i>WW Bread</i> <i>Mayo</i> <i>Looseleaf Lettuce</i> <i>Red Tomato</i> <i>Baked Beans</i> <i>Vanilla Ice Cream</i> <i>Strawberries</i> | 26 <i>Cream of Mushroom Soup</i> <i>Cheesy Pea Salad on Romaine Lettuce</i> <i>Cherry Cobbler</i> <i>WW Biscuits</i> | 27 |
| 28 | 29 <i>Roasted Beef-Round</i> <i>Creamier Mashed Potatoes</i> <i>Broccoli</i> <i>Pineapple</i> <i>WW Bread</i> | 30 <i>Seasoned Pinto Beans</i> <i>Onions</i> <i>Green Beans</i> <i>Mandarin Oranges</i> <i>Baked Custard</i> <i>Cornbread</i> | 31 <i>Seasoned Oven Baked Chicken</i> <i>Long Grain Brown Rice</i> <i>Spinach</i> <i>Mixed Fruit Salad</i> <i>Fruit Salad Dressing</i> <i>WW Bread</i> | | | |