


September 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>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood House & Coal City</p> <p>Approved By: _____</p> <p>(Assistant) Executive Director</p>				<p>1 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread</p>	<p>2 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit</p>	<p>3</p>
<p>4</p>	<p>5 CLOSED IN OBSERVANCE OF LABOR DAY</p> 	<p>6 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon</p>	<p>7 Sloppy Joe w/ Cheese Carrots Side Salad Choice of Fruit Milk</p>	<p>8 White Bean Chicken Chili Corn Bread Spinach & Beets Choice of Fruit Milk</p>	<p>9 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread</p>	<p>10</p>
<p>11</p>	<p>12 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread</p>	<p>13 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread</p>	<p>14 Roasted Beef-Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread</p>	<p>15 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread</p>	<p>16 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries</p>	<p>17</p>
<p>18</p>	<p>19 Creole Baked Pork Chops Creamier Mashed Potatoes Mustard Greens Banana WW Bread</p>	<p>20 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread</p>	<p>21 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread</p>	<p>22 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce</p>	<p>23 Lasagna Vegetable Salad Oil & Vinegar Dressing Dessert WW Garlic Toast</p>	<p>24</p>
<p>25</p>	<p>26 Mixed Vegetable Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Salad Cherry Crisp</p>	<p>27 Salisbury Steak Roll Mashed Potatoes Winter Greens Choice of Fruit Milk</p>	<p>28 Skinless BBQ Chicken Au Gratin Potatoes Green Beans Apricots WW Bread</p>	<p>29 Beef Stir Fry Noodles or Rice Peas Choice of Fruit Milk</p>	<p>30 Split Pea Soup Ham Salad w/ Vegetables Homemade Vanilla Pudding Blueberry Sauce WW Bread</p>	

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