


# January Menu 2023

HAPPY NEW YEAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 <b>Closed In observance of New Years Day</b>	3 Chile w/ Meat and Beans Festive Waldorf Fruit Salad Peach-Yogurt Dessert WW Bread	4 Chicken Stew Long Grain Brown Rice Broccoli Pear Halves WW Bread	5 Seasoned Pinto Beans Onions Turnip Greens Cornbread Applesauce	6 Baked Flounder w/ Lemon Sauce Oven Browned Potatoes Carrot-Raisin Salad Cling Peaches WW Bread	7	
8	9 Mixed Vegeta- ble Soup Swiss Cheese Food Slice WW Bread Lettuce Three Bean Sal- ad Cherry Crisp	10 Lasagna Vegetable Salad Oil & Vinegar Dressing Purple Plums WW Garlic Toast	11 Skinless BBQ Chicken Au Gratin Pota- toes Green Beans Apricots WW Bread	12 Salisbury Steak Brown Gravy Mashed Pota- toes Mexican Style Corn Apple Slices WW Bread	13 Split Pea Soup Ham Salad w/ Vegetables Homemade Va- nilla Pudding Blueberry Sauce WW Bread	14	
15 	16 <b>Closed in ob- servance of Martin Luther King Jr. Day</b>	17 Hamburger Patty WW Bun Light Mayonnaise Iceberg Lettuce Red Tomato Oven Browned Potatoes Sweet Corn Pineapple Slices	18 Beef & Vegeta- ble Stew Spinach Chocolate Pud- ding WW Bread	19 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread	20 Roast Turkey Breast Rice-Almond Cas- serole Carrots Jellied Citrus Sal- ad Angel Food Cake WW Bread	21	
22	23 <i>Seasoned Broiled Fish Macaroni &amp; Cheese Mustard Greens Cornbread</i>	24 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vine- gar Dressing Applesauce WW Garlic Toast	25 Red Beans & Rice Cabbage Peach Halves WW Bread	26 Lighter Chicken Salad WW Bread Tomato Vegeta- ble Soup Grapefruit Sec- tions	27 Steak & Pep- pers Au Gratin Pota- toes Green Peas Mixed Fruit WW Bread	28	
29	30 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread	31 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread	Milk served with all meals. Menu subject to change due to avail- ability of foods.  <b>Project Title:</b> Raleigh County Commission on Aging, Inc.  <b>Sites:</b> Manor House, Wildwood, & Coal City .  Approved By: _____ (Assistant) Executive Director				

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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.