


March Menu 2023

National Nutrition Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved By: _____ Executive Director</p>			<p>1 Beef & Vegetable Stew Spinach Chocolate Pudding WW Bread</p>	<p>2 Bean Soup w/ Ham Apple-Cabbage Slaw Fruit Cocktail Cornbread</p>	<p>3 Roast Turkey Breast Rice-Almond Casserole Carrots Jellied Citrus Salad Angel Food Cake WW Bread</p>	4
5	<p>6 Seasoned Broiled Fish Macaroni & Cheese Mustard Greens Cornbread</p>	<p>7 Spaghetti & Meat Sauce w/ Grd. Turkey Vegetable Salad w/ Oil & Vinegar Dressing Applesauce WW Garlic Toast</p>	<p>8 <i>Red Beans & Rice Cabbage</i> <i>Peach Halves</i> WW Bread</p>	<p>9 Lighter Chicken Salad WW Bread Tomato Vegetable Soup Grapefruit Sections</p>	<p>10 Steak & Peppers Au Gratin Potatoes Green Peas Mixed Fruit WW Bread</p>	11
<p>12</p> 	<p>13 Skinless BBQ Chicken Baked Beans Broccoli Strawberries WW Bread</p>	<p>14 Baked Pork Chop Sweet Potato Soufflé Spinach Applesauce WW Bread</p>	<p>15 Baked Potatoes Swiss Cheese Chopped Chives Deville Eggs Zucchini Squash, Italian Style Cherry Cobbler WW Bread</p>	<p>16 Skinless Oven Fried Chicken Savory Boiled Potatoes Green Beans Cantaloupe Biscuits</p>	<p>17 St. Patty's Day Irish Stew Tossed Green Salad Fat Green Goddess Dressing Broccoli Peaches Vanilla Wafer Cookie WW Bread</p>	18
19	<p>20 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread</p>	<p>21 Savory Black Beans Deville Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread</p>	<p>22 Salisbury Steak/ Brown Gravy Brown Gravy for Beef Long Grain Brown Rice Green Peas Orange Sections WW Bread</p>	<p>23 Lean 'n' Light Lasagna Spinach Mushroom Salad WW Garlic Toast Applesauce</p>	<p>24 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread</p>	25
26	<p>27 Chicken-Corn Casserole Creamier Mashed Potatoes Chicken Gravy Green Peas Mandarin Oranges WW Bread</p>	<p>28 Tasty Meat Loaf Scalloped Potatoes Green Beans Apple WW Bread</p>	<p>29 Roasted Beef- Rd. Orange-Glazed Sweet Potatoes Spinach Fruit Cocktail WW Bread</p>	<p>30 Seasoned Oven Baked Chicken Baked Potatoes Seasoned Vegetable Medley Orange Pineapple Gelatin WW Bread</p>	<p>31 Bean Soup w/ Ham Egg Salad sandwich on WW Bread Fruit Salad w/ Strawberries</p>	

Phone: 304-255-1397



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