



# June Menu 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to availability 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				1 BBQ Chicken Roll/ Bread Baked Beans Cooked Carrots Choice of Fruit Milk	2 Cheese Burg- er Baked Fries Choice of Fruit Milk	3
4	5 Chicken Sand- wich w/ Lettuce and Tomato Cauliflower Choice of Greens Fruit Milk	6 Chicken or Turkey ala King Rice Peas Fruit Milk	7 Taco Saladw/ Salsa Refried Beans Corn Choice of Fruit Milk	8 Hot Dog Baked Beans Cooked Carrots Raw Celery Choice of Fruit Milk	9 Swedish Meat- balls Egg Noodles Green Beans Squash Choice of Fruit Milk	10
11	12 Tuna Salad Sandwich Deviled Eggs Beets Choice of Fruit Milk	13 Turkey or Beef Stroganoff Choice of Greens Choice of Fruit Milk	14 Meatball Mad- ness Roll/ Bread Green Beans Choice of Fruit Milk	15 Honey Lime Chicken Fried Rice Peas Carrots Choice of Fruit Milk	16 Senior Picnic New River Park Must sign up to attend.	17
18  	19 <b>Closed</b> In observance of Juneteenth   <b>JUNETEENTH</b>	20 BBQ Chicken or Turkey Sandwich Broccoli Bites Baked Sweet Potatoes Choice of Fruit Milk	21 Sweet & Sour Pork Rice Cauliflow- er Raw Peppers Choice of Fruit Milk	22 Turkey & Dressing Supreme Green Beans Corn Choice of Fruit Milk	23 Oven Roasted Fish (Talapia) Vegetable Rice Choice of Greens Choice of Fruit Milk	24
25	26 Burrito Bowl Marinated Black Beans Salad Choice of Fruit Milk	27 Sweet & Sassy Chicken Rice Carrots Cabbage Choice of Fruit Milk	28 Oven Fried Chicken Macaroni & Cheese Broccoli Corn Choice of Fruit Milk	29 Spaghetti & Meat Sauce Side Salad Choice of Fruit Milk	30 Pork Tender- loin/ Chop Arroz con Queso Roll/ Bread Mixed Vegeta- bles Fruit	

Phone: 304-255-1397  
 Fax: 304-252-9360  
 Email: rccoa@raleighseniors.org

