


September Menu 2023

SENIOR CENTER MONTH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Milk served with all meals. Menu subject to change due to availability of foods.						Minestrone Soup
Project Title: Raleigh County Commission on Aging, Inc.						Turkey Sand- wich
Sites: Manor House, Wildwood, & Coal City						Peas
Approved By: _____						Choice of Fruit
(Assistant) Executive Director						
3	4	5	6	7	8	9
	CLOSED 	Taco Soup w/ Cheese Crackers Corn Choice of Fruit	Kati-Kati Chick- en Jollof Rice Sauteed Spin- ach w/ Toma- toes Cauliflower	Beans Cornbread Choice of Greens Potatoes & On- ions Choice of Fruit	Baked Fish Cuban Black Beans and Rice Side Salad Choice of Fruit	
10	11	12	13	14	15	16
	Turkey and Beef Macaroni Cucumbers Choice of Fruit	Cream of Pota- to Soup w/ Cheese Ham Slice Peas Choice of Fruit	Beef Stew Roll/ Bread Choice of Fruit	Breakfast Bis- cuit Hash Brown Cooked Apples Orange Juice	Chicken Alfredo Broccoli Carrots Choice of Fruit	
17	18	19	20	21	22	23
	Chicken or Tur- key Tamale Pie Peas Cooked Carrots Choice of Fruit	Salisbury Steak Roll/ Bread Mashed Pota- toes Winter Greens Choice of Fruit	Tuna and Noo- dles Lima Beans Cabbage Choice of Fruit	Chicken or Tur- key Vegetable Soup Turkey Sand- wich Celery Choice of Fruit	Polish Sausage on Bun Sauerkraut Boiled Potatoes Baked Beans Choice of Fruit	
24	25	26	27	28	29	30
	Sloppy Joe w/ Cheese Carrots Side Salad Choice of Fruit	Nachos w/ Chicken Refried Beans Tomato/Lettuce Mexican Corn Choice of Fruit	Beef Vegetable Soup Roast Beef Sandwich Peas Choice of Fruit	White Bean Chicken Chili Corn Bread Spinach & Beets Choice of Fruit	Dining Room Closed for Elder Abuse Conference	

SENIOR CENTER MONTH

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