

November Menu 2023

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: _____ (Assistant) Executive Director</p>			1 Chili Tossed Salad Wheat Bread Peaches	2 Sloppy Joe Cole Slaw Steak Fries Mixed Fruit Milk	3 Turkey Mashed Potatoes Green Beans Dressing Banana Milk	4	
	5	6 Chicken Mashed Potatoes Peas Wheat Bread Apple Juice Milk	7 Beef Tips Over Noodles California Blend Vegetables Corn Wheat Bread Peaches Milk	8 Lasagna Tossed Salad Wheat Bread Mandarin Oranges Milk	9 Hamburger w/ Lettuce & Tomato Sweet Potato Fries Pears Milk	10 CLOSED VETERAN'S DAY	11
	12	13 Grilled Chicken Sandwich w/ Lettuce & Tomato Steak Fries Applesauce Milk	14 Meat Loaf Mashed Potatoes Green Beans Wheat Bread Peaches Milk	15 Spaghetti Tossed Salad Wheat Bread Grape Juice Milk	16 Pinto Beans Collard Greens Tomatoes Cornbread Mandarin Oranges Milk	17 Pork BBQ Sandwich Cole Slaw Oven Roasted Potatoes Pears Milk	18
	19	20 Tomato Soup Ham & Cheese Sandwich W/ Lettuce & Tomato Mixed Fruit Milk	21 Beef Steak w/ Mushrooms & Onions Mashed Potatoes Peas Wheat Bread Applesauce Milk	22 Hot Dog Baked Beans Cole Slaw Pears Milk	23 CLOSED THANKSGIVING DAY 	24 CLOSED SHOP TIL YOU DROP FRIDAY! 	25
26	27 Pork Chops Sweet Potatoes Green Beans Wheat Bread Pears Milk	28 Navy Beans Spinach Tomatoes Cornbread Applesauce Milk	29 Taco Salad Tortilla Chips Mandarin Oranges Milk	30 Vegetable Soup Chicken Salad Sandwich Fruit Juice Milk			

Phone: 304-255-1397

Fax: 304-252-9360

Email: rcco@raleighseniors.org

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