


July Menu 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to the availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood House & Coal City Executive Director Approved By:	1 Grilled Chicken Sandwich w/ Lettuce & Tomato Sweet Potato Fries Peaches Milk	2 Taco Soup Tortilla Chips Peas Pears Milk	3 Meatloaf Mashed Potatoes Green Beans WW Bread Applesauce Milk	4 Closed in Observance of Independence Day 	5 Fish Nuggets Broccoli Carrots WW Bread Pears Milk	6
	8 Hot Dog Baked Beans Cole Slaw Banana Milk	9 Chicken & Dumplings Peas Carrots WW Bread Pears Milk	10 Spaghetti Tossed Salad WW Bread Peaches Milk	11 Pinto Beans Kale Greens Stewed Tomatoes Cornbread Mandarin Oranges Milk	12 Crab Cakes Carrots Peas WW Bread Mixed Fruit Milk	13
	15 Beef Steak w/ Mushrooms & Onions Spinach Sw. Potatoes WW Bread Mixed Fruit Milk	16 Pork BBQ Sandwich Cole Slaw Steak Fries Banana Milk	17 Lasagna Tossed Salad WW Bread Peaches Milk	18 Turkey & Dressing Mashed Potatoes Green Beans Roll Pears Milk	19 Chili Tossed Salad WW Bread Mixed Fruit Milk	20
	22 Swedish Meatballs Squash Green Beans WW Bread Mandarin Oranges Milk	23 Baked Chicken Sweet Potatoes Peas WW Bread Applesauce Milk	24 Turkey & Cheese w/ lettuce and tomato Tomato Soup Pears Milk	25 Hamburger w/ Lettuce/ Tomato & Onion Oven Roasted Potatoes WW Bun Grape Juice Milk	26 Pork Chop Broccoli Carrots WW Bread Mixed Fruit Milk	27
	29 Chicken Alfredo Broccoli Carrots WW Bread Mixed Fruit Milk	30 Chef Salad Pears Pudding Milk	31 Pinto Beans Wing Dings Cornbread Coleslaw Peaches Milk	1 Roast Beef Mashed Potatoes Green Beans WW Bread Peach Crisp Milk	2 Salmon Patty Macaroni & Cheese Stewed Tomatoes Banana Milk	

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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.