October Menu 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk served with all meals. Menu subject to change due to the availability of foods. **Project Title: Commission on Aging Raleigh County** **Sites: Manor House, Wildwood House, Coal City & Sophia** **Approved by:**_____ (Assistant) Executive Director				*1* *Taco Soup* *Tortilla Chips* *Peas* *Pears* *Milk*	*2* *Fish Nuggets* *Broccoli* *Carrots* *WW Bread* *Pears* *Milk*	*3*
4	*5* *Hot Dog* *Baked Beans* *Cole Slaw* *Banana* *Milk*	*6* *Pinto Beans* *Collard Greens* *Stewed Tomatoes* *Cornbread* *Mandarin Oranges* *Milk*	*7* *Spaghetti* *Tossed Salad* *WW Bread* *Peaches* *Milk*	*8* *Chicken &Dumplings* *Peas* *Carrots* *WW Bread* *Pears* *Milk*	*9* *Crab Cakes* *Carrots* *Peas* *WW Bread* *Mixed Fruit* *Milk*	*10*
11	*12* *CLOSED In Observance of Columbus Day*	*13* *Pork BBQ Sandwich* *Cole Slaw* *Steak Fries* *Banana* *Milk*	*14* *Lasagna* *Tossed Salad* *WW Bread* *Apple Juice* *Milk*	*15* *Turkey & Dressing* *Mashed Potatoes* *Green Beans* *Roll* *Pears* *Milk*	*16* *Chili* *Tossed Salad* *WW Bread* *Mixed Fruit* *Milk*	*17*
18	*19* *Pepper Steak* *Rice* *Green Beans* *WW Bread* *Mandarin Oranges* *Milk*	*20* *Baked Chicken* *Sweet Potatoes* *Peas* *WW Bread* *Applesauce* *Milk*	*21* *Turkey & Cheese Sandwich* *W/Lettuce & Tomato* *Tomato Soup* *Pears* *Milk*	*22* *Hamburger w/lettuce, Tomato & Onion* *Oven Roasted Potatoes* *WW Bun* *Grape Juice* *Milk*	*23* *Pork Chop* *Broccoli* *Carrots* *WW Bread* *Mixed Fruit* *Milk*	*24*
25	*26* *Chicken Alfredo* *Broccoli* *Carrots* *WW Bread* *Mixed Fruit* *Milk*	*27* *Chef Salad* *Pears* *Pudding* *Milk*	*28* *Pinto Beans* *Wing Dings* *Cornbread* *Coleslaw* *Peaches* *Milk*	*29* *Roast Beef* *Mashed Potatoes* *Green Beans* *WW Bread* *Peach Crisp* *Milk*	*30* *Salmon Patty* *Macaroni & Cheese* *Stewed Tomatoes* *Banana* *Milk*	*31*

Phone: 304-255-1397

Commission on Aging
Raleigh County

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