


JULY MENU 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Macaroni Cheese & Chicken Casserole Spinach Marinated Beets and Onions Watermelon WW Bread	3 Hamburger Patty WW Bun Mayo, Mustard Red Tomato, Red Onion & Loose-leaf Lettuce Potato Salad Spangled Sundae	4 Closed Independence Day 	5 Turkey a'la King WW Biscuits Broccoli Fruit Cocktail	6 Oven Crisp Chicken Creamier Mashed Potatoes Zucchini and Tomatoes Grapes WW Bread	7
8	9 Roasted Beef-Round Creamier Mashed Potatoes Broccoli Pineapple WW Bread	10 Seasoned Pinto Beans Onions Green Beans Mandarin Oranges Baked Custard Cornbread	11 Seasoned Oven Baked Chicken Long Grain Brown Rice Spinach Mixed Fruit Salad Fruit Salad Dressing WW Bread	12 Baked Flounder w/ Lemon Sauce Springtime Pasta Salad Stewed Tomatoes Grapes WW Bread	13 Vegetable Cottage Cheese Salad Baked Potatoes Spiced Peaches WW Biscuit	14
15	16 Spaghetti and Meat Sauce w/ Ground Turkey Tossed Green Salad Italian Dressing Pear Halves WW Garlic Toast	17 Lighter Chicken Salad WW Bread Cream of Spinach Soup Watermelon	18 Tasty Meat Loaf Scalloped Potatoes w/ Parsley Broccoli Purple Plums WW Bread	19 Seasoned Baby Lima Beans Cornbread Cucumber and Onions in Sour Cream Dressing Peachy Crisp	20 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple WW Bread	21
22	23 Salmon Patty Parsley Noodles Mixed Field Greens Italian Dressing Orange WW Bread	24 Breaded Pork Chops Oven Browned Potatoes Broccoli Fruit Cocktail WW Bread	25 Roast Turkey Breast Cornbread Stuffing Green Beans Cantaloupe WW Bread	26 Sloppy Joe on WW Bun Vegetable Salad w/ Oil & Vinegar Dressing Peach	27 Senior Picnic New River Park 10am-1pm Must Pre-register to attend.	28
29	30 Chicken Italiano Spaghetti w/ Marinara Sauce Fresh Yellow Squash Pear WW Bread	31 Savory Black Beans Devilled Eggs Tossed Green Salad Italian Dressing Strawberries Cornbread	<p>Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Sites: Manor House, Wildwood, Coal City & Glen Daniel</p> <p>Approved by: _____</p> <p>(Executive Director) (Assistant Director)</p>			

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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.