

February Menu 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BBQ Beef on WW Bun Coleslaw French Fries Cookies	2 Hot Dog w/ Chili Coleslaw Baked Beans Tater Tots Cookie	3 Beef Vegetable Stew Baked Parmesan Tomato Cornbread Cookies	4
5	6 Chicken Tenders Potato Salad Green Beans Hot Roll Ice Cream	7 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple in Juice	8 Hamburger Steak Baked Potato Sour Cream Diced Carrots Hot Roll Vanilla Pudding	9 Teriyaki Pork Chop Garden Bl Rice Green Beans Hot Roll Blushing Pear Salad	10 Parmesan Baked Fish Rice Pilaf Broccoli Hot Roll Raspberry Gelatin Salad	11
12	13 Tuna On Whole wheat Bun Tomato Slices Tomato Soup Crackers Cake w/ Icing	14 Sweetheart Lunch Spaghetti & Meat Sauce Tossed Salad Cheesecake WW Garlic Toast 2% Milk	15 Baked Chicken Rice Pilaf Squash Medley Hot Roll Marble Cake w/ Icing	16 Pinto Beans Fish Nuggets Coleslaw Cornbread Peaches	17 Baked Flounder w/ Lemon Sauce Pasta Salad Stewed Tomatoes Fresh Fruit WW Bread Margarine	18
19	20 CLOSED Presidents' Day	21 Hot Roast Beef Sandwich w/ Gravy Mashed Potatoes Carrot Coins Iced Chocolate Cake	22 Vegetable Lasa- gna Garden Salad Spiced Peaches WW Biscuit	23 Glazed Ham w/ Pineapple Scalloped Potatoes Zucchini Hot Roll White Cake W/ Creamy Icing	24 Oven-Fried Chicken Chicken Cream Gravy Baked Beans Calico Coleslaw Spiced Pear	25
26	27 Beefaroni Kale Greens Hot Roll Pears & Cottage Cheese	28 Chicken Pot Pie Tossed Salad w/ Dressing Cranberry Sauce Hot Roll Streusel Coffee Cake	29 Chef Salad Chicken, Turkey, Tomato, Onion, Eggs & Cheese Bread Stick Angel Food Cake	Milk served with all meals. Menu subject to change due to availability of foods. Project Title: Raleigh County Commission on Aging, Inc. Phone : 255-1397 Sites: Manor House, Wildwood, Coal City, Pettus		Executive Director
				Approved by: _____		