

# March Menu 2010

## National Nutrition Month



1614 South Kanawha St.  
Beckley, WV 25801

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Cook's Choice</b>	2 Spaghetti & Meat Sauce w/ Ground Turkey Tossed Salad Pear halves WW Garlic Toast 2% Milk	3 Chicken Tenders Potato Salad Green Beans Hot Roll Ice Cream	4 Submarine Sandwich Let./Tom./ Mayo Vegetable Soup Cherry Cobbler	5 BBQ Beef on Whole-wheat Bun Coleslaw Oven-fried Potatoes Pound Cake	6
7	8 Broiled Pork Chop Mashed Sweet Potatoes Green Beans Hot Biscuit Kiwi Fruit	9 Butter Beans Wing Dings Coleslaw Cornbread Fresh Fruit	10 Skinless BBQ Chicken Breast Dilly Pot. Salad Green Beans Pineapple WW Bread	11 Steak Hoagie w/ cheese, lettuce, tomato Coleslaw Fruited Gelatin w/ Pears 2% Milk	12 Tuna on Croissant Lettuce & Tomato Homemade Soup Crackers Strawberry Short-cake	13
14 DAYLIGHT-SAVING TIME BEGINS SO SPRING FORTH!!	15 Stuffed Peppers Green Beans Mashed Potatoes Hot Roll Jell-O w/ Fruit	16 Chicken Pot Pie Tossed Salad w/ Dressing Hot Roll White Cake w/ Icing	17 <u>St. Patrick's Day Lunch</u> Irish Stew Tossed Green Salad Fat Green Goddess Dressing Broccoli Peaches	18 Oven-Fried Chicken Chicken Cream Gravy Baked Beans Calico Coleslaw Spiced Pear WW Dinner Roll	19 Dining Room will be Closed for Caregiver Fair <b>Wildwood &amp; Manor House will be served</b> Exercise Room & other services will be available to senior this day	20 SPRING BEGINS
21	22 Hot Dog w/ chili Coleslaw Baked Beans Fries Strawberry Short-cake	23 <b>Vegetable Lasagna</b> Tossed Salad Garlic Bread Streusel Cake	24 Tasty Meatloaf Scalloped Potatoes Broccoli Purple Plums Whole Wheat Bread 2% Milk	25 Chef Salad Chicken, Turkey, Tomato, Onion, Eggs & Cheese Bread Stick Angel Food Cake	26 Baked Flounder w/ Lemon Sauce Pasta Salad Stewed Tomatoes Fresh Fruit WW Bread Margarine	27
28 PALM SUNDAY	29 Fiesta Hamburger On WW Bun Red Tomato Iceberg Lettuce Leaves Oven Browned Potatoes Banana	30 Country Steak w/ Cream Gravy Peas & Carrots WW Dinner Roll Margarine Fresh Fruit Medley Skim Milk PASSOVER	31 Oven Crisp Chicken Baked Sweet Potato Kale Greens WW Roll Cookie	No Eligible participant will be denied a service because of his/ her inability or failure to contribute to the cost of a meal.  Phone: 304-255-1397 Fax: 304-252-9360 E-mail: rcco@raleighseniors.org		

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

Approved by: \_\_\_\_\_ Executive Director