



September Menu 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk served with all meals. Menu subject to change due to availability of foods.</p> <p>Project Title: Raleigh County Commission on Aging, Inc.</p> <p>Sites: Manor House, Wildwood, Coal City, Pettus</p> <p>Approved by: _____ Executive Director</p>			<p>1 Hamburger Steak Baked Potato Sour Cream Diced Carrots Hot Roll Vanilla Pudding</p>	<p>2 Pinto Beans Salmon Patty Coleslaw Cornbread Peaches</p>	<p>3 Oven Fried Fish Savory Boiled Potatoes Buttered Carrots Stewed Prunes WW Bread Margarine 2% Milk</p>	<p>4</p>
<p>5</p>	<p>6 CLOSED LABOR DAY</p>	<p>7 Potato Soup Hoagie Sandwich Tomato Slices Fruited Gelatin w/ Pears</p>	<p>8 Shrimp French Fries Coleslaw Garlic Bread Cherry Cheese-cake</p>	<p>9 Chicken Pot Pie Tossed Salad w/ Dressing Hot Roll Streusel Coffee Cake</p>	<p>10 Vegetable Soup Pineapple Cottage Salad Cheese Stick Corn Bread 2% Milk</p>	<p>11</p>
<p>12 Grandparents Day</p>	<p>13 Chef Salad Chicken, Turkey, Tomato, Onion, Eggs & Cheese Crackers Angel Food Cake w Fruit</p>	<p>14 Hot Dog w/ Chili Coleslaw Baked Beans Oven Browned Potatoes Pudding</p>	<p>15 Stuffed Green Pepper w/ Tomato Sauce Mashed Potatoes Bread Fruit Salad</p>	<p>16 Skinless BBQ Chicken Dilly Potato Salad Green Beans Pineapple in Juice WW Bread 2% Milk</p>	<p>17 Dining Room will be CLOSED . <u>Exercise Room and Administrative offices will be open .</u> Manor House & Wildwood will be served.</p>	<p>18</p>
<p>19</p>	<p>20 Fiesta Hamburger On WW Bun Red Tomato Iceberg Lettuce Leaves Oven Browned Potatoes Banana</p>	<p>21 Minestrone Soup Vegetable Lasagna Tossed Salad w/ Dressing Garlic Bread Sherbet</p>	<p>22 Chicken Salad on a Croissant Cream of Broccoli Soup Fresh Fruit Margarine 2% Milk</p>	<p>23 Butter Beans Seasoned Greens Coleslaw Cornbread Diced Pears Autumn Begins</p>	<p>24 Baked Fish Fillet Yam Patties Broccoli Casserole Hot Roll Gelatin Jewels w/ Topping</p>	<p>25 Memory Walk If you haven't joined our team to walk for Alzheimer see Crystal Coleman to join. Let's have a day of Fun & Prizes</p>
<p>26</p>	<p>27 Beef Vegetable Stew Baked Parmesan Tomato Cornbread Cookies</p>	<p>28 Baked Chicken Rice Pilaf Squash Medley Hot Roll Marble Cake w/ Icing</p>	<p>29 Chili w/ Beans Tossed Salad Cornbread Peaches</p>	<p>30 Glazed Ham w/ Pineapple Scalloped Potatoes Zucchini Hot Roll White Cake W/ Creamy Icing</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.

