

(304) 296-9812



LUNCH SERVED MONDAY—FRIDAY  
 11:30AM-12:30PM  
 SUGGESTED DONATION:  
 \$2.00 FOR AGE 60+  
 MILK SERVED DAILY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<sup>1</sup> Chicken Salad on WG Bread W/ Let, Tomato Tomato Soup Fruit Slushie	<sup>2</sup>
<sup>3</sup>	<sup>4</sup>	<sup>5</sup> Baked Fish Tater tots Broccoli Macaroni Salad Fruit	<sup>6</sup> Creamed Chicken & Biscuits Peas & Carrots Stewed Tomatoes Fruit	<sup>7</sup> Country Fried Steak Mashed Potatoes w/ gravy Spinach WG Roll w/ butter Fruit	<sup>8</sup> Taco Salad w/ Let, Tom, onion, meat & cheese Tortilla Chips Salsa Fresh Fruit	<sup>9</sup>
<sup>10</sup> 	<sup>11</sup> Chicken Pot Pie Mixed Vegetables Tomato & Cuke Salad Fruit	<sup>12</sup> Tortellini Soup Breadstick Broccoli Cheese stick Fruit	<sup>13</sup> Meatball Sub on WG Bun 3 Bean Salad Tater Tots Fruit	<sup>14</sup> Baked Pork Fresh Roll Lima Beans Carrots Fruit Cup	<sup>15</sup> Grilled Chicken Caesar Salad Garlic Bread Fruit Salad	<sup>16</sup>
<sup>17</sup>	<sup>18</sup> Broccoli Soup Turkey Sandwich on WG Bread V-8 juice Fruit	<sup>19</sup> Crab cake Sandwich Coleslaw Stewed Tomatoes Applesauce	<sup>20</sup> Chicken & Broccoli Casserole Brown Rice Mixed Vegetables Fruit	<sup>21</sup> FALL LUNCHEON <b>TBD</b>	<sup>22</sup> Pepperoni Roll Cheese stick Potato Salad Broccoli & Ranch Fresh fruit	<sup>23</sup>
<sup>24</sup>	<sup>25</sup> Grilled Chicken Pita Bread Fresh Vegetables Potato Salad Fruit	<sup>26</sup> Loaded Potato Soup Ham & Swiss on WG Bread Fruit Cup	<sup>27</sup> Stuffed Peppers Spanish Rice Spinach Fruit	<sup>28</sup> Liver & Onions Mashed Potatoes w/ Gravy Peas Roll w/ Butter Fruit	<sup>29</sup> Corn Dog Nuggets French Fries Buttered Peas Fruit	<sup>30</sup>

FALLS PREVENTION AWARENESS - What are the most common causes of falls?

Many things including lower body weakness, Vitamin D deficiency, difficulties balancing, use of medicines that affect cognitive abilities, vision problems, foot pain and poor footwear are some of them.