

(304) 296-9812



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

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	Monday, September 4th—Labor Day Frozen meal will be delivered Friday, September 1, 2023				1 Chicken Salad on WG Bread W/ Let, Tomato Tomato Soup Fruit Slushie	2
3	4 	5 Baked Fish Tater tots Broccoli Macaroni Salad Fruit	6 Creamed Chicken & Biscuits Peas & Carrots Stewed Tomatoes Fruit	7 Salisbury Steak Mashed Potatoes w/ gravy Spinach WG Roll w/ butter Fruit	8 Taco Salad w/ Let, Tom, onion, meat & cheese Tortilla Chips Salsa Fresh Fruit	9
10	11 Chicken Pot Pie Mixed Vegetables Tomato & Cuke Salad Fruit	12 Tortellini Soup Breadstick Broccoli Cheese stick Fruit	13 Meatball Sub on WG Bun 3 Bean Salad Tater Tots Fruit	14 Baked Pork Fresh Roll Lima Beans Carrots Fruit Cup	15 Grilled Chicken Caesar Salad Garlic Bread Fruit Salad	16
	17 Broccoli Soup Turkey Sandwich on WG Bread V-8 juice Fruit	19 Crab cake Sandwich Coleslaw Stewed Tomatoes Applesauce	20 Chicken & Broccoli Casserole Brown Rice Mixed Vegetables Fruit	21 FALL LUNCHEON TBD	22 Pepperoni Roll Cheese stick Potato Salad Broccoli & Ranch Fresh fruit	23
24	25 Grilled Chicken Pita Bread Fresh Vegetables Potato Salad Fruit	26 Loaded Potato Soup Ham & Swiss on WG Bread Fruit Cup	27 Stuffed Peppers Spanish Rice Spinach Fruit	28 Liver & Onions Mashed Potatoes w/ Gravy Peas Roll w/ Butter Fruit	29 Corn Dog Nuggets French Fries Buttered Peas Fruit	30

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.