

(304) 296-9812



LUNCH SERVED MONDAY—FRIDAY 11:30AM-12:30PM

> SUGGESTED DONATION: \$2.00 FOR AGE 60+

MILK OR DAIRY SERVED WITH EACH LUNCH

| Sun     | Mon    | Tue  | Wed   | Thu  | Fri   | Sat |
|---------|--------|--|---|--|---|-----|
| SPF SPF | SPF    | BAKED FISH YELLOW RICE KALE ROASTED SQUASH FRUIT                             | SALISBURY STEAK<br>MASHED POTATOES<br>W/GRAVY<br>GREEN BEANS<br>ROLL W/BUTTER<br>APPLESAUCE | CHILI PEANUT BUTTER WITH CRACKERS MIXED VEGETABLES FRUIT                   | CHICKEN PARMESAN<br>PENNE W/MARINARA<br>SIDE SALAD<br>FRESH FRUIT                   | 6   |
| 20 Live | SO UVA | BAKED CHICKEN<br>BREAST<br>SCALLOPED POTA-<br>TOES<br>BUTTERED PEAS<br>FRUIT | 10<br>PEPPERONI ROLL<br>W/ MARINARA<br>ITALIAN GREEN BEANS<br>CHEESE<br>FRUIT               | CHICKEN  | CHEF SALAD<br>W/HAM, EGG, CHEESE<br>FRESH FRUIT                                     |     |
|         | 16     | SALMON BURGERS ON WG BUN MACARONI SALAD BAKED BEANS FRUIT                    | BAKED ZITI CHEESE STICK GREEN BEANS MIXED VEGETA- BLES FRUIT                                | SWEET N SOUR<br>CHICKEN OVER RICE<br>ASIAN VEGETABLES<br>EGG ROLL<br>FRUIT | MEATLOAF MASHED POTATOES W/ GRAVY BAKED CARROTS GREEN BEANS FRESH FRUIT             |     |
|         |        | CHICKEN TENDERS MAC & CHEESE   | ITALIAN SAUSAGE SANDWICH W/ ONIONS PEPPERS BUN SAUERKRAUT KALE FRUIT                        | BEEF BURRITO BLACK BEANS MEXICORN FRUIT JUICE                              | HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY BUTTER BEANS FRESH FRUIT                | 27  |
|         | 29     | TAHCATE  | PINEAPPLE CHICKEN WITH RICE BROCCOLI STIR FRY VEGETABLE EGG ROLL FRUIT                      | BEEFY MACARONI<br>CAULIFLOWER<br>ITALIAN<br>GREEN BEANS<br>APPLESAUCE      | COUNTRY FRIED<br>STEAK<br>MASHED POTATOES<br>W/GRAVY<br>SPINACH<br>WG ROLL W/BUTTER |     |