



(304) 296-9812










2023

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

SUGGESTED DONATION:
\$2.00 FOR AGE 60+

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 BAKED POTATO w/ TOPPINGS CHILI BROCCOLI ROLL W/ BUTTER FRUIT	2 CHICKEN LOMEIN w/ VEGETABLES CARROTS CHEESESTICK PINEAPPLE	3 CHEF SALAD BREADSTICK FRESH FRUIT	4 
	6 MEATLOAF ROLL W/ BUTTER AUGRATIN POTATOES BAKED CARROTS FRUIT	7 BAKED CHICKEN PASTA ALFREDO ROASTED BROCCOLI MIXED VEGETABLES FRUIT	8 HAM & CHEESE ON WHEAT POTATO SALAD CARROT STICKS FRUIT JUICE	9 CHICKEN NUGGETS CHEESY CAULIFLOWER GREEN BEANS FRESH FRUIT	10 CRAB CAKE POTATO WEDGES BAKED BEANS GRAHAM CRACKER FRUIT	1
12	13 CHICKEN SALAD ON WHEAT BUN VEGETABLE SOUP FRUIT	14 FESTIVE LUNCHEON SPAGHETTI & MEATBALLS SIDE SALAD GARLIC BREAD MIXED BERRY CRUMBLE	15 TURKEY WRAP W/ SPINACH & CHEESE POTATO CHIPS FRESH VEGETABLES FRUIT	16 ITALIAN SAUSAGE W/ ONIONS & PEPPERS MASHED POTATOES LIMA BEANS FRESH FRUIT	17 SWEET & SOUR CHICKEN VEGETABLE RICE ASIAN VEGETABLES EGG ROLL JELLO W/ FRUIT	1
19	20 CLOSED 	21 TUNA CASSEROLE PEAS & CARROTS BEETS FRUIT	22 ITALIAN SUB W/ LET, TOM, AND ONION 3 BEAN SALAD FRUIT	23 COUNTRY FRIED STEAK W/ COUNTRY GRAVY MASHED POTATOES ROLL W/ BUTTER BROCCOLI JUICE OR FRESH FRUIT	24 SAUSAGE, EGG & CHEESE SANDWICH TATER ROUNDS STEWED TOMATOES ORANGE FLUFF	25
26	27 PORK BBQ PATTY ON WG BUN COLESLAW BAKED BEANS FRESH FRUIT	28 LASAGNA SALAD BREAD STICK FRUIT	<p><i>Cardiovascular diseases</i> are a group of blood and heart disorders that can lead to heart attack and stroke.</p> <div><p>#1</p><p>cardiovascular diseases are the leading cause of death worldwide</p></div> <div><p>1 out of 3</p><p>deaths worldwide are due to cardiovascular diseases</p></div> <div><p>Over 3 out of 4</p><p>deaths from cardiovascular diseases occur in low- and middle-income countries</p></div>			
 <p>Every Heart Counts</p>						