



Council Services

Week One - Regular Menus

January-March 2024

Executive Director CS: Mr. Norman D. Graves



Date: Month & Day	Monday-	Tuesday-	Wednesday-	Thursday-	Friday-
Meat or Alternate (3 oz. Cooked)	Salisbury Steak w/Gravy	PB & J Sandwich	Hamburger	BBQ Chicken	Ham or Turkey Sandwich
Vegetables: 2 (1/2 cup each)	Mashed Potatoes	Vegetable Soup	Seasoned Potatoes	Pinto Beans	Potato Salad
	Green Beans	Cabbage	Lett/Tom/Onion	Glazed Carrots	Lettuce/Tomato
Bread or Alternate: (1)	WW Roll	Okra	WW Bun	WW Roll	WW Bread x 2
Fort. Marg.: (1 t.)	Margarine	In Entrée	Mayo/Mus/Ket	In Entree	Mayo/Mustard
1/2 cup Dessert: (1)	Fruit	Cookie	Yogurt	Fruit	Fruit Bar
1/2 Pint Milk	Milk	Milk	Milk	Milk	Milk
Beverage	Tea	Tea	Tea	Tea	Tea

Type of Program (Congregate or Home-Delivered): C 1 & C 2

Contact Person: Ms. Ruth Stalvey

Approved by (AAA): _____

Nutrition Contractors: Funding Source: Title III

Name of Nutritionist (Preparer): Pam M. Thompson, RDN, LDN

Menu Period Covered: January-March 2024



Council Services

Week: Two – Regular Menus

January-March 2024

Executive Director: Mr. Norman D. Graves



Date: Month & Day	Monday-	Tuesday-	Wednesday-	Thursday-	Friday-
Meat or Alternate (3 oz. Cooked)	Pork Riblet	Pot Roast	Cowboy Stew	Hotdogs	Crab or Chicken Salad
Vegetables: 2 (1/2 cup each)	Northern Beans	Yams	Mac & Cheese	Baked Beans	3 Bean Salad
	Broccoli	Lima Beans	Carrots	Cole Slaw	Beets
Bread or Alternate: (1)	Rolls	WW Roll	WW Crackers	Hotdog Bun	WW Bread x 2
Fort. Marg.: (1 t.)	In Entrée	Margarine	In Entree	Mustard/Ketchup	In Entrée
1/2 cup Dessert: (1)	Banana	Fruit Bar	Yogurt	Apple Crisp	Fruit
1/2 Pint Milk	Milk	Milk	Milk	Milk	Milk
Beverage	Tea	Tea	Tea	Tea	Tea

Type of Program (Congregate or Home-Delivered): C 1 & C 2

Contact Person: Ms. Ruth Stalvey

Approved by (AAA): _____

Nutrition Contractors: Funding Source: Title III

Name of Nutritionist (Preparer): Pam M. Thompson, RDN, LDN

Menu Period Covered: January-March 2024



Council Services

Week: Three – Regular Menus
January-March 2024
Executive Director CS: Mr. Norman D. Graves



Date: Month & Day	Monday-	Tuesday-	Wednesday-	Thursday-	Friday-
Meat or Alternate (3 oz. Cooked)	Meatballs	Sausage	Chili with Beans	Chicken Alfredo	Chicken or Ham Sandwich
Vegetables: 2 (1/2 cup each)	Black-eyed Peas	Baked Beans	Sweet Peas	Field Peas	Baked Beans
	Mashed Potatoes	Cole Slaw	Normandy Blend	Greens	Rosemary Potatoes
Bread or Alternate: (1)	WW Roll	WW Bun	Oyster Crackers	WW Cornbread	WW Bun
Fort. Marg.: (1 t.)	In Entrée	Mustard	In Entree	Margarine	Mayonnaise
1/2 cup Dessert: (1)	Fruit	Cobbler	Fruit	Cookie	Chocolate Delight
1/2 Pint Milk	Milk	Milk	Milk	Milk	Milk
Beverage	Tea	Tea	Tea	Tea	Tea

Type of Program (Congregate or Home-Delivered): C 1 & C 2

Contact Person: Ms. Ruth Stalvey

Approved by (AAA): _____

Nutrition Contractors: Funding Source: Title III

Name of Nutritionist (Preparer): Pam M. Thompson, RDN, LDN

Menu Period Covered: January-March 2024



Council Services

Week: **Four – Regular Menus**
January-March 2024
Executive Director CS: Mr. Norman D. Graves



Date: Month & Day	Monday- April 18. May 16, June 13	Tuesday- April 19, May 17, June 14	Wednesday- April 20. May 18, June 15	Thursday- April 21, May 19, June 16	Friday- April 22, May 20, June 17
Meat or Alternate (3 oz. Cooked)	Meat Loaf with Tomato Sauce	Chicken Stew- 6 oz.	Pork Chop with Gravy	Chicken & Yellow Rice- 6 oz.	Tuna or Chicken Salad
Vegetables: 2 (1/2 cup each)	Corn	Mix Vegetables	Black-eyed Peas	Squash with Onions	Pickled Beets
	Butter Beans	Brown Rice	Green Beans	Brussel Sprouts	Broccoli Salad
Bread or Alternate: (1)	WG Cornbread	WW Roll	WW Roll	In Entree	WW Crackers
Fort. Marg.: (1 t.)	Margarine	In Entree	Margarine	In Entree	In Entrée
1/2 cup Dessert: (1)	Fruit	Cookie	Yogurt	Peach Delight	Brownie
1/2 Pint Milk	Milk	Milk	Milk	Milk	Milk
Beverage	Tea	Tea	Tea	Tea	Tea

Type of Program (Congregate or Home-Delivered): C 1 & C 2

Contact Person: Ms. Ruth Stalvey

Approved by (AAA): _____

Nutrition Contractors: Funding Source: Title III

Name of Nutritionist (Preparer): Pam M. Thompson, RDN, LDN

Menu Period Covered: January-March 2024