

OCTOBER 2026

JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS ARE FUNDED IN PART BY METRO AAA. EEOC. ALL MENUS ARE SUBJECT TO CHANGE. PLEASE PHONE AHEAD THE DAY BEFORE BY 1:00 PM TO MAKE RESERVATIONS. RIPLEY 304-372-5151 RAVENSWOOD 304-273-5648 SANDYVILLE 304-273-2880 KENNA 304-372-2406				
5 Kielbasa & Kraut Butter Beans Bread, Fruit	6 BBQ Chicken Legs Macaroni & Cheese Carrots, Bread, Fruit, Juice	7 Fish Sandwich Sweet Potato Fries Slaw, Broccoli Fruit	8 SENIOR BASH Ham & Cheese Slider, Pasta Salad, Broccoli Salad, Chips Hawaiian Delight Dessert	9 Cheese Burgers, Onions & Pickles Tater Tots, Baked Beans, Fruit
12 COLUMBUS DAY CENTER CLOSED	13 Ham Sweet Potatoes Green Beans Bread, Fruit Juice	14 Hamburger Gravy Mashed Potatoes Mixed Veg, Biscuit Pickled Beets Fruit	15 Italian Chicken Breast, Scalloped Potatoes, Broccoli, Juice, Bread	16 Tomato Soup, Grilled Cheese Sandwich, Cottage Cheese, Cucumber Salad, Fruit
19 Teriyaki Chicken California Blend Veg, Rice, Fruit, Bread, Juice	20 BBQ Meatballs Buttered Potatoes Peas & Carrots 3 Bean Salad, Bread Fruit	21 Great Northern Beans Cornbread, Potatoes Mixed Greens Fruit, Juice	HAPPY BIRTHDAY Cream Chicken Mashed Potatoes Green Beans Biscuit, Dessert Juice	23 Sloppy Joe Tater Tots, Baked Beans, Slaw, Fruit
26 Crab Cake Potato Wedges Corn, Fruit, Bread, Juice	27 Butter Beans Cornbread Potatoes, Mixed Greens, Fruit, Juice	28 Pasta/Meat Sauce Broccoli, Carrots, Garlic Bread Fruit	29 Sausage Gravy Scrambled Eggs Hashbrowns, Biscuit, Sausage Hot Apples, Juice	30 Ham & Cheese Sndwch, Macaroni Salad, Broccoli Salad Pickled Beets Fruit