

AUGUST 2023

JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RAVENSWOOD 304-273-5648 KENNA 304-372-2406 RIPLEY 304-372-5151 SANDYVILLE 304-273-2880	1 FISH NUGGETS MACARONI & CHEESE CARROTS PICKLED BEETS, BREAD	2 CHICKEN TENDERS BUTTERED POTATOES MIXED VEGETABLES FRUIT, JUICE	3 FAJITA CHICKEN SALAD REFRIED BEANS, FRUIT CHIPS, CHEESE LETTUCE, TOMATO	4 PIZZA BREAD SIDE SALAD CHIPS YOGURT, FRUIT
7 SLOPPY JOE COLESLAW TATERTOTS BROCCOLI, ORANGE	8 ITALIAN CHICKEN BAKED POTATOES CALIFORNIA BLEND VEGETABLE, BANANA	9 KEILBASA OVEN FRIED POTATOES BUTTER BEANS APPLE BREAD	10 PORK BBQ SANDWICH BAKED BEANS TATER TOTS COLE SLAW, ORANGE	11 CHICKEN SALAD SANDWICH TOMATO & CUCUMBER SALAD MACARONI SALAD BREAD, FRUIT
14 TERIYAKI CHICKEN RICE STIR FRY VEGETABLES BREAD, FRUIT, JUICE	15 BUTTER BEANS BRUSSEL SPROUTS CORNBREAD POTATOES, FRUIT	16 BBQ MEATBALLS SCALLOPED POTATOES MIXED VEGETABLE BEETS, FRUIT	17 CHEF SALAD COTTAGE CHEESE BOILED EGG FRUIT, DRESSING	18 CHEESEBURGER LETTUCE, TOMATO SWEET POTATO FRIES FRUIT, PICKLE
21 HAM SWEET POTATOES GREEN BEANS FRUIT, BREAD	22 BBQ CHICKEN BREAST SCALLOPED POTATOES BROCCOLI BEETS, FRUIT	23 SCRAMBLED EGGS SAUSAGE PATTY HASHBROWN GRAVY, APPLE, BISCUIT	HAPPY BIRTHDAY SALISBURY STEAK MASHED POTATOES GREENBEANS ROLL, DESSERT	25 CHICKEN SANDIWCHE LETTUCE, TOMATO SWEET POTATO FRIES FRUIT, PICKLES
28 GOULASH BROCCOLI GARLIC BREAD FRUIT	29 PINTO BEANS CORNBREAD OVEN FRIED POTATOES CABBAGE FRUIT	30 PEPPER STEAK NOODLES CARROTS BREAD JUICE	31 BBQ CHICKEN LEGS BAKED SWEET POTATOES GREENBEANS FRUIT	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. ALL DONATIONS ARE APPRECIATED.