


JANUARY 2022

JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 TERIYAKI CHICKEN RICE STIR FRY VEG YOGURT, BREAD</p>	<p>4 MEATBALLS SCALLOPED POTATOES PEAS FRUIT, BREAD</p>	<p>5 BBQ CHICKEN LEGS BABY BAKERS GREEN BEANS FRUIT, BREAD</p>	<p>6 GOULASH BROCCOLI GARLIC BREAD HOT APPLES</p>	<p>7 PIZZA BREAD PEA SALAD CHIPS FRUIT</p>
<p>10 KEILBASA CABBAGE BAKED BEANS BREAD FRUIT</p>	<p>11 CREAM CHICKEN BISCUIT MASHED POTATOES GREEN BEANS APPLESAUCE</p>	<p>12 FISH NUGGETS MACARONI & CHEESE PEAS FRUIT BREAD</p>	<p>13 SCRAMBLED EGGS GRAVY, SAUSAGE HASHBROWN HOT APPLES BISCUIT</p>	<p>14 HOTDOGS BAKED BEANS COLESLAW CHIPS FRUIT</p>
<p>17 Martin Luther King Day Center Closed</p>	<p>18 COWBOY BEANS PEAS & CARROTS HOT APPLES BREAD</p>	<p>19 HOT HAM & CHEESE SANDWICH POTATO SALAD PICKLED BEETS FRUIT</p>	<p>20 BAKED STEAK MASHED POTATOES GRAVY GREEN BEANS BREAD, FRUIT</p>	<p>21 CHICKEN SANDWICH PICKLE TATER TOTS PEAS & CARROTS FRUIT</p>
<p>24 CREOLE PORKCHOPS RICE CALIFORNIA BLEND VEGETABLE FRUIT, BREAD</p>	<p>25 CHILI PEANUT BUTTER SANDWICH CARROTS FRUIT, CRACKERS</p>	<p>26 CRAB CAKES MACARONI & TOMATOES CARROTS FRUIT, BREAD</p>	<p>HAPPY BIRTHDAY MEATLOAF MASHED POTATOES GREEN BEANS ROLL DESSERT</p>	<p>28 CENTER CLOSED FOR TRAINING NO HOT MEALS</p>
<p>31 STUFFED PEPPER SCALLOPED POTATOES CARROTS FRUIT, BREAD</p>		<p>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.</p> <p style="text-align: center;"> RAVENSWOOD 304-273-5648 RIPLEY 304-372-5151 SANDYVILLE 304-273-2880 </p>		