JULY 2020 JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEALS ARE FUNDED IN PART BY METRO AAA. EEOC. ALL		1	2	3
MENUS ARE SUBJECT TO CHANGE. PLEASE PHONE		HAM	BBQ CHICKEN LEGS	
AHEAD THE DAY BEFORE BY 1:00 PM TO MAKE		SWEET POTATOES	BABY BAKERS	FROZEN MEAL
RESERVATIONS. ALL DONATIONS ARE APPRECIATED. RIPLEY 304-372-5151		GREEN BEANS	MIXED VEG	
RAVENSWOOD 304-273-5648		FRUIT, BREAD	FRUIT, BREAD	
SANDYVILLE 304-273-2880				
6	7	8	9	10
	BEEF STROGANOFF	CHEESE BURGERS	CHICKEN SALAD/ BUN	
FROZEN MEAL	CALIFONIA BLEND VEG	PICKLES	POTATO SALAD	FROZEN MEAL
	FRUIT	BAKED BEANS	BEET AND ONION SALAD	
	BREAD	FRUIT	FRUIT	
13	14	15	16	17
	KEILBASA	BEEF TIPS	PIZZA BREAD	
FROZEN MEAL	COOKED CABBAGE	POTATOES	PEA SALAD	FROZEN MEAL
	BABY BAKERS	GREEN BEANS	CHIPS	
	FRUIT	FRUIT	FRUIT	
	BREAD	BREAD		
20	21	22	23	24
	GOULASH	CHICKEN SANDWICH	ZESTY ITALIAN CHICKEN	
FROZEN MEAL	BROCCOLI	HONEY MUSTARD	BABY BAKERS	FROZEN MEAL
	HOT APPLES	TATER TOTS, PICKLES	GREEN BEANS	
	BREAD	CORN, FRUIT	FRUIT, BREAD	
27	28	29	30	31
	TERIYAKI CHICKEN	STUFFED PEPPERS	BBQ ON BUN	
FROZEN MEAL	RICE	BUTTERED POTATOES	COLE SLAW	FROZEN MEAL
	STIR FRY VEGETABLES	GREEN BEANS	TATER TOTS	
	BREAD, FRUIT	BREAD, FRUIT	FRUIT	