

MARCH 2023

JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. RAVENSWOOD 304-273-5648 KENNA 304-372-2406 RIPLEY 304-372-5151 SANDYVILLE 304-273-2880</p>		<p>1 BBQ CHICKEN LEGS BAKED POTATOE GREEN BEANS FRUIT, BREAD</p>	<p>2 TACO SALAD REFRIED BEANS LETTUCE, TOMATO SOURCREAM, FRUIT</p>	<p>3 CHEESEBURGER BAKE BEANS TATER TOTS FRUIT</p>
<p>6 COWBOY BEANS PEAS & CARROTS HOT APPLES BREAD</p>	<p>7 SHEPHERDS PIE BRUSSEL SPROUTS BISCUIT FRUIT</p>	<p>8 FISH NUGGETS MACARONI & CHEESE SUCCOTASH BANANA BREAD</p>	<p>9 CHICKEN TENDERS BUTTERED POTATOES MIXED VEG FRUIT BREAD</p>	<p>10 TOMATO SOUP HAM & CHEESE SW TOMATO LETTUCE ORANGE</p>
<p>13 GOULASH BROCCOLI GARLIC BREAD ORANGE</p>	<p>14 ITALIAN CHICKEN BAKED POTATOE CALIFORNIA BLEND VEGETABLE BREAD, FRUIT</p>	<p>15 PEPPER STEAK NOODLES BRUSSEL SPROUTS BREAD BANANA</p>	<p>16 POTATO SOUP HAM SALAD SW CARROT SLAW FRUIT</p>	<p>HAPPY ST PATRICKS DAY! BBQ SANDWICH TATER TOTS COLESLAW BAKED BEANS, FRUIT</p>
<p>20 TERIYAKI CHICKEN RICE STIR FRY VEGETABLE FRUIT BREAD</p>	<p>21 NAVY BEANS CORNBREAD MIXED GREENS BANANA</p>	<p>22 KEILBASA CABBAGE BUTTER BEANS HOT APPLES BREAD</p>	<p>HAPPY BIRTHDAY! SPAGHETTI SIDE SALAD GARLIC BREAD DRESSING DESSERT</p>	<p>24 CHICKEN FAJITAS SPANISH RICE REFRIED BEANS SIDE SALAD FRUIT</p>
<p>27 HAM SWEET POTATOES GREEN BEANS BREAD, FRUIT</p>	<p>28 CHICKEN/MUSHROOM GRAVY RICE, BROCCOLI BREAD, APPLE</p>	<p>29 SLOPPY JOES TATER TOTS SLAW BANANA</p>	<p>30 SCRAMBLED EGGS SAUSAGE PATTY GRAVY, HASHBROWN HOT APPLES, BISCUIT</p>	<p>31 TUNA SALAD SW PASTA SALAD COTTAGE CHEESE FRUIT</p>