

NOVEMBER 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.</p> <p>RAVENSWOOD 304-273-5648 RIPLEY 304-372-5151 SANDYVILLE 304-273-2880 KENNA 304-372-2406</p>		<p>1 CREAM BROCOLLI SOUP HAM SALAD SW FRUIT BEAN SALAD</p>	<p>2 CHICKEN TENDERS SCALLOPED POTATOES MIXED VEGETABLE JUICE, FRUIT BREAD</p>	<p>3 PIZZA BREAD SIDE SALAD CHIPS YOGURT FRUIT</p>
<p>6 HAM SWEET POTATOES GREEN BEANS FRUIT, BREAD, BEETS</p>	<p>7 ITALIAN CHICKEN BAKE POTATO MIXED VEGETABLE FRUIT, JUICE, BREAD</p>	<p>8 GOULASH BROCCOLI FRUIT, BEAN SALAD GARLIC BREAD STICK</p>	<p>9 PORK BBQ/BUN BAKED BEANS COLESLAW TATERTOTS, FRUIT</p>	<p>10  CENTER CLOSED VETERANS DAY</p>
<p>13 KEILBASA KRAUT BUTTERBEANS FRUIT BREAD</p>	<p>14 BBQ CHICKEN BUTTERED POTATOES CARROTS FRUIT, BEETS BREAD</p>	<p>15 PINTO BEANS CORNBREAD MIXED GREENS OVEN FRIED POTATOES FRUIT</p>	<p>THANKSGIVING MEAL TURKEY, STUFFING MASHED POTATOES GREEN BEANS, GRAVY PUMPKIN PIE DEVEILED EGG, ROLL</p>	<p>17 POTATO SOUP BOLOGNA SALAD SW FRUIT TOMATO JUICE</p>
<p>20 TERIYAKI CHICKEN RICE STIR FRY VEG BREAD, FRUIT, JUICE</p>	<p>21 FISH NUGGETS MAC &amp; CHEESE BROCCOLI FRUIT, BEETS, BREAD</p>	<p>BREAKFAST SERVE EARLY EGGS, SAUSAGE GRAVY, BISCUIT HASHBROWN, APPLES</p>	<p>23 CENTER CLOSED HAPPY THANKSGIVING!</p>	<p>24  CENTER CLOSED</p>
<p>27 SPAGHETTI BROCCOLI BREAD STICK FRUIT</p>	<p>28 CREAM CHICKEN/BISCUIT MIX VEGETABLES MASHED POTATOES FRUIT, JUICE</p>	<p>29 CHICKEN TENDERS SWEET POTATOES BRUSSEL SPROUTS FRUIT, BREAD</p>	<p>HAPPY BIRTHDAY! SALISBURY STEAK MASHED POTATOES GREEN BEANS ROLL, DESSERT</p>	