

JACKSON COUNTY COMMISSION ON AGING

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIPLEY 304-372-5151 RAVENSWOOD 273-5648 SANDYVILLE 304-273-2880	1 CHILI PEANUT BUTTER SW PEA SALAD, FRUIT, MILK	2 CHEF SALAD COTTAGE CHEESE FRUIT, DRESSING CRACKERS, MILK	3 PINTO BEANS CORNBREAD MIXED GREENS ONIONS, FRUIT, MILK	4 FISH SANDWICH POTATO WEDGES SLAW, TARTER SAUCE MILK, FRUIT
7 BEEF STROGANOFF MIXED VEGETABLE FRUIT BREAD MILK	8 CHICKEN POTATO CASSAROLE GREEN BEANS BREAD, FRUIT MILK	9 CHEESE BURGER LETTUCE/TOMATO MACARONI SALAD BAKED BEANS, FRUIT, MILK	10 GOULASH BROCCOLI GARLIC BREAD FRUIT MILK	11 VEGETABLE SOUP TUNA SALAD SANDWICH PICKLED BEETS FRUIT, MILK
14 COLUMBUS DAY CENTER CLOSED	15 TERIYAKI CHICKEN RICE STIR FRY VEGETABLE FRUIT, BREAD, MILK	16 TACO SALAD LETTUCE, TOMATO REFRIED BEANS FRUIT, MILK	17 BUTTER BEANS CORNBREAD CABBAGE HOT APPLES, MILK	18 CHICKEN & NOODLES MIXED VEGETABLE BISCUIT FRUIT, MILK
21 TUNA ALFREDO BROCCOLI GARLIC BREAD FRUIT MILK	22 BBQ CHICKEN LEGS SCALLOPED POTATOES MIXED VEGETABLES FRUIT, BREAD, MILK	23 SPAGHETTI SALAD BREAD APPLESAUCE MILK	HAPPY BIRTHDAY MEATLOAF BUTTERED POTATOES GREEN BEANS DESSERT ROLL, MILK	25 CHICKEN SANDWICH POTATO WEDGES LETTUCE, TOMATO FRUIT MILK
28 CRAB CAKE MACARONI & CHEESE PEAS FRUIT MILK, BREAD	29 HAM SWEET POTATOES GREEN BEANS BREAD FRUIT, MILK	30 HOMEMADE CHICKEN NOODLE SOUP CHEESE SANDWICH PICKLED BEETS FRUIT MILK	31 ZESTY ITALIAN CHICKEN BABY BAKERS CORN FRUIT MILK	MEALS ARE FUNDED IN PART BY METRO AAA. EEOC. ALL MENUS ARE SUBJECT TO CHANGE. PLEASE PHONE AHEAD THE DAY BEFORE BY 1:30 PM TO MAKE RESERVATIONS. ALL DONATIONS ARE APPRECIATED AND NECESSARY.

