


JACKSON COUNTY COMMISSION ON AGING      OCTOBER 2021

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.                      RIPLEY 304-372-5151                      RAVENSWOOD 304-273-5648      SANDYVILLE 304-273-2880</p>			<p>1                      ITALIAN CHICKEN                      RICE                      BROCCOLI                      FRUIT</p>
<p>4                      FISH SANDWICH                      TATER TOTS                      PEAS                      FRUIT COCKTAIL</p>	<p>5                      NAVY BEANS                      CORNBREAD                      GREENS                      HOT APPLES</p>	<p>6                      VEGETABLE SOUP                      CHICKEN SANDWICH                      PICKLED BEETS                      CRACKERS, FRUIT</p>	<p>7                      CHEF SALAD                      COTTAGE CHEESE                      FRUIT                      CRACKERS, DRESSING</p>	<p>8                      BBQ CHICKEN BREAST                      BUTTERED POTATOES                      GREEN BEANS                      FRUIT, BREAD</p>
<p>11                      BEEF STEW                      MIXED GREENS                      BISCUIT                      HOT PEACHES</p>	<p>12                      HAM                      SWEET POTATOES                      GREEN BEANS                      FRUIT, BREAD</p>	<p>13                      FISH NUGGETS                      MACARONI &amp; CHEESE                      PEAS                      BREAD, FRUIT</p>	<p>14                      CHICKEN TENDERS                      BABY BAKERS                      BROCCOLI                      YOGURT, BREAD</p>	<p>15                      MINI CORNDOGS                      POTATO WEDGES                      MIXED VEGETABLES                      ORANGE, BREAD</p>
<p>18                      CREOLE PORK CHOPS                      RICE                      CALIFORNIA BLEND                      VEG                      FRUIT, BREAD</p>	<p>19                      STUFFED PEPPERS                      MASHED POTATOES                      GREEN BEANS                      BANANA                      BREAD</p>	<p>20                      CRAB CAKE                      MACARONI &amp;                      TOMATOES                      FRUIT COCKTAIL                      BREAD</p>	<p>21                      TACO SALAD                      REFRIED BEANS                      LETTUCE, TOMATO                      SOURCREAM                      FRUIT</p>	<p>22                      CHILI                      PEANUT BUTTER                      SANDWICH                      CRACKERS                      COTTAGE CHEESE/FRUIT</p>
<p>25                      BBQ CHICKEN LEGS                      BABY BAKERS                      GREEN BEANS                      FRUIT                      BREAD</p>	<p>26                      GOULASH                      MIXED GREENS                      GARLIC BREAD                      HOT APLES</p>	<p>27                      KEILBASA                      CABBAGE                      BAKED BEANS                      BREAD                      FRUIT</p>	<p>HAPPY BIRTHDAY                      MEATLOAF                      SCALLOPED                      POTATOES                      GREEN BEANS                      CAKE, HOT ROLL</p>	<p>29                      TUNA SALAD SANDWICH                      CHIPS                      MACARONI SALAD                      COTTAGE CHEESE                      FRUIT</p>