

OCTOBER 2023

JACKSON COUNTY COMMISSION ON AGING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 PORK BBQ / BUN COLESLAW BAKED BEANS TATERT TOTS, FRUIT</p>	<p>3 CREAM CHICKEN OVER BISCUIT, JUICE MASHED POTATOES MIXED VEG, FRUIT</p>	<p>4 PEPPER STEAK NOODLES CARROTS BREAD, JUICE, FRUIT</p>	<p>5 HAM SWEET POTATOES GREEN BEANS FRUIT, BREAD</p>	<p>6 CHEESEBURGER LETTUCE, TOMATO PICKLE, ONIONS POTATO WEDGES, FRUIT</p>
<p>9 CENTER CLOSED COLUMBUS DAY</p>	<p>10 BBQ CHICKEN BREAST SCALLOPED POTATOES CARROTS FRUIT, BREAD</p>	<p>11 SLOPPY JOE/BUN COLESLAW TATERTOTS FRUIT, JUICE</p>	<p>12 CHEF SALAD COTTAGE CHEESE BOILED EGG, DRESSING FRUIT, CRACKERS</p>	<p>13 PIZZA BREAD BROCCOLI SALAD CHIPS FRUIT</p>
<p>16 CHICKEN TENDERS MAC & CHEESE BRUSSEL SPROUTS FRUIT, JUICE, BREAD</p>	<p>17 KEILBASA KRAUT BUTTER BEANS FRUIT, BREAD</p>	<p>18 TOMATO SOUP GRILLED CHEESE PICKLED BEETS FRUIT, COTTAGE CHEESE</p>	<p>19 BBQ MEATBALLS SCALLOPED POTATOES MIXED VEGETABLES FRUIT, BREAD, JUICE</p>	<p>20 CHICKEN FAJITAS PEPPERS & ONIONS REFRIED BEANS CHEESE, FRUIT</p>
<p>23 CRAB CAKE MACARONI & TOMATOES CARROTS FRUIT, BREAD</p>	<p>24 TERIYAKI CHICKEN RICE STIR FRY VEGETABLE BREAD FRUIT, JUICE</p>	<p>25 CHILI PEANUT BUTTER SW COLESLAW FRUIT CRACKERS</p>	<p>HAPPY BIRTHDAY! COUNTRY FRIED STEAK WITH GRAVY MASHED POTATOES GREEN BEANS DESSERT, ROLL</p>	<p>27 CHICKEN SANDWICH LETTUCE, TOMATO PICKLES SWEET POTATO FRIES FRUIT</p>
<p>30 SPAGHETTI/SAUCE BROCCOLI GARLIC STICK BREAD FRUIT</p>	<p>31 BUTTER BEANS MIXED GREENS CORNBREAD HOT APPLES PICKLED BEETS</p>	<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 KENNA 304-372-2406</p> <p>RIPLEY 304-372-5151 SANDYVILLE 304-273-2880</p>		