

SEPTEMBER 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 KENNA 304-372-2406</p> <p>RIPLEY 304-372-5151 SANDYVILLE 304-273-2880</p>				<p>1 TURKEY CLUB SW LETTUCE, TOMATO BROCCOLI SALAD POTATO SALAD, FRUIT</p>
<p>4 LABOR DAY CENTER CLOSED</p>	<p>5 HAM SWEET POTATOES GREEN BEANS FRUIT, BREAD</p>	<p>6 FISH NUGGETS MAC & CHEESE SQUASH, BREAD FRUIT, PICKLED BEETS</p>	<p>7 ITALIAN CHICKEN BAKE POTATO BROCCOLI JUICE, BREAD, FRUIT</p>	<p>8 HOTDOGS/ SAUCE COLESLAW BAKED BEANS FRUIT</p>
<p>11 CHICKEN TENDERS MAC & CHEESE BRUSSEL SPROUTS JUICE FRUIT, BREAD</p>	<p>12 BEAN & HAM SOUP CORNBREAD BROCCOLI SALAD FRUIT PICKLED BEETS</p>	<p>13 BBQ MEATBALLS SCALLOPED POTATOES CARROTS FRUIT, BREAD 3 BEAN SALAD</p>	<p>14 SCRAMBLED EGGS SAUSAGE GRAVY HASHBROWN SAUSAGE, JUICE HOT APPLES, BISCUIT</p>	<p>15 CHICKEN SANDWICH LETTUCE, TOMATO SWEET POTATO FRIES FRUIT PICKLES</p>
<p>18 KEILBASA BUTTERBEANS KRAUT FRUIT BREAD</p>	<p>19 BBQ CHICKEN BREAST BAKED SWEET POTATO CAULIFLOWER FRUIT BREAD</p>	<p>20 CHILI PEANUT BUTTER SW SLAW FRUIT CRACKER, JUICE</p>	<p>21 HAPPY BIRTHDAY! CHICKEN ALFREDO BROCCOLI GARLIC BREAD DESSERT</p>	<p>22 POTATO SOUP HAM SALAD SW TOMATO & CUCUMBER SALAD FRUIT</p>
<p>25 TERIYAKI CHICKEN RICE STIR FRY VEG FRUIT, JUICE BREAD</p>	<p>26 PINTO BEANS CORNBREAD OVEN FRIED POTATOES CABBAGE, FRUIT PICKLED BEETS</p>	<p>27 BBQ CHICKEN LEGS BAKE POTATOES BUSSEL SPROUTS FRUIT, BREAD CARROT SALAD</p>	<p>28 MEATLOAF SCALLOPED POTATOES CALIFORNIA BLEND VEGETABLES FRUIT, BREAD</p>	<p>29 VEGETABLE SOUP BOLOGNA SALAD BREAD FRUIT PICKLED BEETS</p>