




January 2020

WASHINGTON-MORGAN COMMUNITY ACTION SENIOR NUTRITION PROGRAM MENU-Morgan County Congregate

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 CLOSED-HOLIDAY 		2 Roast Pork w/gravy Mashed Potatoes Italian Blend Veggies Applesauce Dinner Roll		3 Lemon Pepper Chicken Breast over Rice Roasted Red Potatoes Brussel Sprouts Fruit Parfait Bread	
6 Baked Chicken Scalloped Potatoes Peas Mandarin Oranges Bread Cookie		7 Pizza Casserole Garden Salad w/ Tomatoes Mixed Veggies Baked Cinnamon Peaches Breadstick		8 Beef Chili w/ Beans Baby Bakers Broccoli Florets w/ Cheese sauce Pear Halves Saltine Crackers Corn Muffin		9 Ham & Noodle Casserole Whipped Potatoes Italian Blend Veggies 100% Fruit Juice Bread		10 Stuffed Pepper w/Sauce Mashed Potatoes Baby Carrots Sliced Peaches Dinner Roll	
13 Soup Beans & Ham Cole Slaw Carrot Raisin Salad Fruit Salad Corn Bread		14 Creamy Chicken Alfredo Corn Green Beans 100% Fruit Juice Italian Bread		15 Baked Steak w/ Gravy Mashed Potatoes Winter Blend Veggies Peaches Bread Brownie		16 Chicken Patty Au gratin Potatoes Capri Blend Veggies Fruit of Chef's Choice Bun		17 Spaghetti w/ Meat Sauce Tossed Salad w/ Tomatoes & Cabbage Peas Warm Baked Apples Breadstick <u>OR</u> Choice of Chef Salad	
20 Chicken Salad Veggie Soup Potato Salad Pear Chunks Saltine Crackers Croissant		21 Crème Mushroom Chicken Breast California Blend Veggies 100% Apple Juice Mandarin Oranges Brown Rice Bread		22 Smoked Sausage Whipped Potatoes Sauerkraut Fresh Fruit Bread Cake		23 Rigatoni w/ Meat Sauce Side Salad Lima Beans Warm Cinnamon Applesauce Breadstick		24 Roast Beef w/ Gravy Whipped Potatoes Steamed Broccoli Fruit Cocktail Bread Cookie	
27 Sausage Gravy Boiled Egg Grape Juice Hash Browns Applesauce Biscuit		28 Macaroni & Cheese Stewed Tomatoes Oven Roasted Broccoli Pineapple Chunks Bread		29 Sloppy Joes Tater Tots Green Beans Banana Saltine Crackers Bun		30 Swiss Steak Mashed Potatoes Orange Glazed Carrots Tropical Fruit Dinner Roll		31 Chicken Pot Pie Veggies Tossed Salad w/ Tomatoes & Cabbage Orange Pineapple Fluff Salad Dinner Roll	

*Subject to change due to availability

Call by 8:00am for daily reservation or call our 24 hour reservation line: 740-962-6696

All menus served with milk and bread

*Don't forget to remind your driver if you are a diabetic

REMINDER HDM CLIENTS:

If you are not home a meal cannot be delivered, as this is a violation of SNP policy and the Food Code Safety Rules. Please call and cancel if you will not be home.

Thank you.

SUGGESTED DONATION \$3.00 PER MEAL FOR CONGREGATE, TITLE III CLIENTS