

# October 2023

WASHINGTON-MORGAN COMMUNITY ACTION  
 SENIOR NUTRITION PROGRAM MENU-*Morgan County*  
 Home Delivered Meals

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Meatballs French Fries Green Beans Mandarin Oranges Bun	3	Beef & Bean Chili Cole Slaw Sliced Apples Cornbread	4	Swiss Steak w/ Gravy Whipped Potatoes Italian Vegetables Pears Bread	5	BBQ Pork Riblet French Fries Creamed Spinach Peaches Bun	6	Sausage Patty Hashbrowns Banana Peaches Bun
9	Sloppy Joe Hashbrown Casserole California Vegetables Fruit Parfait Bun	10	Hamburger Mixed Vegetables Pickled Beets Sliced Apples Bun	11	Baked Pork Chops Whipped Potatoes Italian Vegetables Pineapple Bread	12	Chicken Strips Baked Beans Buttered Corn Pears Bread	13	Turkey & Cheese Sandwich Potato Soup Pickled Beets Mandarin Oranges Bun
16	Meatloaf Roasted Potatoes Corn Tropical Fruit Bread	17	Turkey & Gravy Green Beans Mashed Potatoes Fruit Cocktail Bread	18	Swiss Steak Augratin Potatoes Brussel Sprouts Pear Slices Bread	19	Chicken Sandwich Parsley Potatoes Peas Pineapple Bun	20	Baked Pork Chop Whipped Potatoes Baby Carrots Mandarin Oranges Bread
23	Stuffed Cabbage Mashed Potatoes Peas Fruit Cocktail Bread	24	Macaroni & Cheese Stewed Tomatoes Peas & Carrots Pineapple Bread	25	Cheeseburger French Fries Corn Applesauce Bun	26	Polish Sausage Mashed Potatoes Sauerkraut Peaches Bun	27	Steak w/ Mushroom Gravy Whipped Potatoes Broccoli Banana Bread
30	Sliced Ham Yams Cauliflower Diced Pears Bread	31	Spaghetti w/ Meat Sauce Green Beans Broccoli Sliced Apples Bread						

**\*\*\*Menu subject to change due to availability\*\*\***

Call by 8:00am for daily reservation or call our  
 24 hour reservation line: 740-962-6696.  
 All meals served with milk and bread.

**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 \$4.00 PER MEAL FOR TITLE III CLIENTS**