### September 2021

**WASHINGTON-MORGAN COMMUNITY ACTION**

**SENIOR NUTRITION PROGRAM MENU**

**Washington County Congregate**

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 1      | Taco Salad  
  Refried Beans  
  Mandarin Oranges  
  Tortilla Chips  
  Rice Krispie Treat | 2 | Chicken Pasta  
  Broccoli  
  Green Bean Salad  
  Apple Crisp  
  Bread | 3 | Meatloaf  
  Scalloped Potatoes  
  Stewed Tomatoes  
  Fruit Cocktail  
  Roll |
| 6 | Closed Holiday | 7 | Swiss Steak  
  Mashed Potatoes  
  Buttered Beets  
  Fruit Cocktail  
  Pudding  
  Bread | 8 | Hamburger  
  Baked Beans  
  Potato Salad  
  Fruit Parfait  
  Bun | 9 | Turkey Sausage Gravy  
  Boiled Egg  
  Hashbrowns  
  Pineapple  
  Grape Juice  
  Biscuit | 10 | Grilled Chicken Salad  
  Mixed Fruit  
  Crackers  
  Bread |
| 13 | Cube Steak w/ Gravy  
  Carrots  
  Apple Juice  
  Mac-N-Cheese  
  Bread | 14 | Chicken Cobb Salad  
  Boiled Egg  
  Melon Cup  
  Crackers  
  Brownie | 15 | Pork Chop  
  Augratin Potatoes  
  Cauliflower  
  Jello w/Mandarin Oranges  
  Roll | 16 | Chicken Breast  
  Corn  
  Green Beans  
  Grape Juice  
  Rice  
  Bread | 17 | Cheeseburger  
  Baked Beans  
  Cole Slaw  
  Peach Slices  
  Bun |
| 20 | Baked Steak  
  Mashed Potatoes  
  Broccoli  
  Cantaloupe  
  Roll | 21 | Smoked Sausage  
  Mashed Potatoes  
  Sauerkraut  
  Peach Slices  
  Bread  
  Brownie | 22 | Chicken Breast  
  Red Potatoes  
  California Vegetables  
  Pears  
  Bread  
  Vanilla Wafers | 23 | Meatball Sub  
  Baby Bakers  
  Italian Blend  
  Peaches  
  Bun | 24 | Chef Salad  
  Boiled Egg  
  Strawberries  
  Angel Food Cake  
  Crackers |
| 27 | Turkey Reuben  
  Corn  
  Pickled Beets  
  Applesauce  
  Bread | 28 | Chicken Breast  
  Sweet Potatoes  
  Peas  
  Watermelon  
  Bread  
  Vanilla Wafers | 29 | Chicken Salad  
  Broccoli Slaw  
  Mixed Fruit  
  Macaroni Salad  
  Pita Pocket | 30 | Spinach Salad  
  Boiled Egg  
  Potato Soup  
  Mandarin Oranges  
  Crackers  
  Fruit Muffin |

*Subject to change due to availability

Call by 8:00am for daily reservation or call our 24 hour reservation line: Marietta 740-373-3455 Layman 740-678-8597 Beverly 740-984-4475 New Matamoras 865-2448

All Menus served with choice of 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 Safely Rules. Please call and cancel if you will not be home. Thank you.

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