

October 2023

WASHINGTON-MORGAN COMMUNITY ACTION SENIOR NUTRITION PROGRAM MENU *Washington County* Congregate

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Sausage Links Scrambled Egg Potato Wedge Grape Juice Orange Slices French Toast	3	Spaghetti w/Meatballs Italian Vegetables Creamed Spinach Strawberries Breadstick Crackers	4	Cheeseburger Home Fries Baked Beans Grapes Bun	5	Beef & Bean Chili Baked Potato Cherry Crisp Cornbread	6	Chicken Noodle Casserole <i>Or</i> Ham & Cheese Sandwich Baby Carrots Tossed Salad w/Tomatoes Cinnamon Peaches Bread
9	Teriyaki Meatballs Broccoli Harvest Vegetables Apple Brown Rice Bread	10	Ham & Cheese Sandwich Baby Bakers California Vegetables Fruit Parfait Bun	11	Shepards Pie Spinach/Egg/Cheese Salad Apple Crisp Roll	12	Chicken Patty Sweet Potato Fries Creamed Corn Fruit Juice Bun	13	Turkey & Cheese Sandwich Potato Soup Mandarin Oranges Bun Crackers
16	Pepper Steak w/Peppers & Onions Au gratin Potatoes California Vegetables Pears Bread	17	Chicken Salad Sandwich Vegetable Soup Pea Salad Pineapple Bun Crackers	18	Turkey Tetrazini Green Beans Cauliflower Fresh Fruit Cup Bread	19	Taco Salad Refried Beans Tropical Fruit Tortilla Chips	20	Pork Chop w/Gravy Whipped Potatoes Baby Carrots Fluffy Orange Salad Bread
23	Stuffed Cabbage Roasted Potatoes Peas Fruit Cocktail Roll	24	Smoked Sausage Mashed Potatoes Sauerkraut Apricots Roll	25	Beef Stroganoff Lima Beans Tossed Salad w/Tomatoes Applesauce Bread	26	Baked Chicken Whipped Potatoes Broccoli w/Cheese Banana Bread	27	Pimento Cheese Sandwich <i>Or</i> Chef Salad Tomato Soup Cole Slaw Fruit Juice Bread
30	Sweet & Sour Chicken Stir Vegetables Beets Banana Rice Bread	31	Spooky Stew (Beef Stew)  Green Beans Pineapple  Scary Saucer						

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

Call by 8:00am for daily reservation or call our 24 hour

Reservation line: Marietta 740-373-3455

Beverly 740-984-4475 New Matamoras 740-865-2448

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