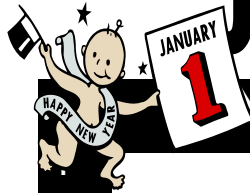


January 2018

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED Holiday</p>	<p>2</p> <p>Shredded Chicken Sandwich Au gratin Potatoes Candied Carrots Fruit</p>	<p>3</p> <p>Bacon Cheese-burger Casserole Baked Beans Corn Nibbles Fruit Juice Dinner Roll</p>	<p>4</p> <p>Taco Salad Mandarin Oranges Refried Beans Tortilla Chips Cookie</p>	<p>5</p> <p>Swedish Meatball Noodles Corn Beets Tropical Fruit Bread</p>
<p>8</p> <p>Ravioli w/ Meat Sauce Tossed Salad Peas & Onions Baked Apples Breadstick</p>	<p>9</p> <p>Creamed Chicken Whipped Potatoes Italian Vegetables Fruit Juice Cookie Biscuit</p>	<p>10</p> <p>Hamburger Gravy Mashed Potatoes Baby Carrots Sliced Peaches Bread</p>	<p>11</p> <p>Baked Chicken Scalloped Potatoes Sugar Snap Peas Mandarin Oranges Cookie Bread</p>	<p>12</p> <p>Chili Cole Slaw Potato Salad Pears Corn Muffin Crackers</p>
<p>15</p> <p>Sausage Gravy Boiled Egg Diced Potatoes Mandarin Oranges Tomato Juice Biscuit</p>	<p>16</p> <p>Baked Steak Mashed Potatoes Winter Blend Apricots Brownie Bread</p>	<p>17</p> <p>Chicken Pot Pie Spinach Salad Mandarin Oranges Bread</p>	<p>18</p> <p>Sloppy Joes Tater Tots Green Beans Banana Crackers</p>	<p>19</p> <p>Macaroni & Cheese Stewed Tomatoes Capri Blend Pineapple Chunks Bread</p>
<p>22</p> <p>Swiss Steak Mashed Potatoes Broccoli Oranges Slices Bread</p>	<p>23</p> <p>Johnny Marzetti Tossed Salad Lima Beans Cinnamon Applesauce Breadstick</p>	<p>24</p> <p>Soup Beans & Ham Cole Slaw Beets Apples Corn Bread</p>	<p>25</p> <p>Chicken Salad Sandwich Vegetable Soup Potato Salad Pears Crackers</p>	<p>26</p> <p>Herb Baked Chicken w/ Rice Cheesy Hashbrowns Brussel Sprouts Fruit Parfait Bread</p>
<p>29</p> <p>Spinach Salad Cream of Potato Soup Grapes Crackers Muffin</p>	<p>30</p> <p>Italian Chicken Noodles Succotash Cucumber & Tomato Salad Fruit Juice</p>	<p>31</p> <p>Meatloaf Mashed Potatoes Cooked Cabbage Peaches Bread</p>		

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 Safety Rules. Please call and cancel if you will not be home. Thank you. **SUGGESTED DONATION \$3.00 PER MEAL FOR CONGREGATE, TITLE III AND LEVY CLIENTS**