



April 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Smoked Sausage Mashed Potatoes Sauerkraut Banana Dinner Roll	2	Ham & Bean Soup Cole Slaw Applesauce Grape Juice Cornbread Crackers	3	Sausage Gravy Boiled Egg Hashbrowns Tomato Juice Orange Slices Biscuit	4	Baked Chicken w/ Country Gravy Sweet Potatoes Green Beans Juice Muffin	5	Beef & Macaroni Casserole Mixed Vegetables Tossed Salad Apple Crisp Bread
8	Baked Spaghetti w/ Meat Sauce Lima Beans Green Salad Baked Apples Breadstick	9	Sweet & Sour Chicken Rice Oriental Vegetables Carrots Juice Bread	10	Glazed Ham Potato & Cheese Pierogis Cabbage Pineapple Cookie Bread	11	Cabbage Roll Irish Potatoes Broccoli Peaches Dinner Roll	12	Pimento Cheese Sandwich Cream of Tomato Soup Broccoli Slaw Fruit Cocktail Crackers
15	Sloppy Joe Potato O'Brien Carrots Jello w./Pears	16	Turkey & Cheese Sandwich Vegetable Soup Potato Salad Mandarin Oranges Crackers	17	Roast Beef Noodles Green Beans Juice Bread	18	Scalloped Chicken Whipped Potatoes Brussel Sprouts Grapes Bun	19	Choice of Chef Salad or Johnny Marzetti Italian Vegetables Cauliflower Pineapple Dinner Roll
22	Baked Chicken Augratin Potatoes Beets Tropical Fruit Pudding Bread	23	Meatloaf Baked Potatoes Capri Vegetables Juice Dinner Roll	24	Chicken & Noodles Mashed Potatoes Green Beans Fruit Cup Bread	25	Beef Stew Tossed Salad Fruit Cup Biscuit	26	Ham Salad Sandwich Broccoli Soup Cole Slaw Apricots Crackers
29	Baked Steak Mashed Potatoes California Blend Applesauce Vanilla Wafers Bread	30	Potato Soup Cottage Cheese Cucumber Tomato Salad Pineapple Muffin Crackers						

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 CLIENTS