



# December 2018

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Pimento Cheese Sandwich Tomato Soup Cole Slaw Fruit Cocktail Crackers	4	Johnny Marzetti Lima Beans Tossed Salad Baked Apples Breadstick	5	Grilled Chicken Salad Potato Soup Breadstick Cracker	6	Polish Sausage Mashed Potatoes Sauerkraut Peaches Dinner Roll	7	Hot Dog Corn Irish Potatoes Fruit Crisp
10	Chicken Breast Rice Diced Red Potatoes Autumn blend Jello w/ Fruit Dinner Roll	11	Beef Stew Spinach Salad Fresh Fruit Biscuit	12	Chili Potato Salad Cole Slaw Banana Cornbread Crackers	13	Meatloaf Cheesy Mashed Potatoes Brussel Sprouts Mandarin Oranges Cookie Bread	14	Macaroni & Cheese Stewed Tomatoes Peas Cinnamon Applesauce Bread
17	Chicken Sandwich Vegetable Soup Pea Salad Pineapple Chunks	18	Hamburger Gravy Capri Blend Mandarin Oranges Cookie Biscuit	19	Sausage Gravy Hashbrowns Tomato Juice Orange Slices Biscuit	20	Swiss Steak w/ Tomato & Onions Augratin Potatoes Broccoli Pears Bread	21	Choice of Chef Salad or Soup Beans w/ Ham Carrot Raisin Salad Orange Cornbread
24	CLOSED	25	CLOSED Holiday	26	BBQ Pork Sandwich Potato Chunks Broccoli Apricots Crackers	27	Beef Stroganoff Rice Peas & Carrots Beets Mandarin Oranges Bread	28	Taco Salad Refried Beans Tropical Fruit Rice Krispie Treat Tortilla Chips
31	Pizza Burger Tator Tots Tossed Salad Peaches								

*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**