

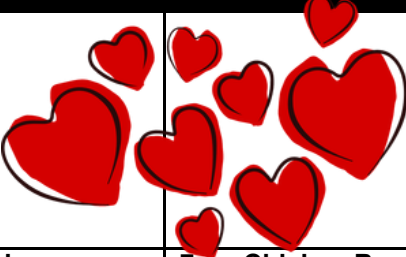

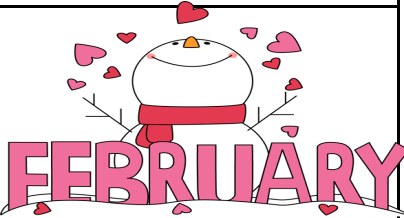


February 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Hamburger Gravy Mashed Potatoes Baby Carrots Peaches Biscuit	
4	Chicken Sandwich Augratin Potatoes Mixed Vegetables Fruit	5	Soup Beans & Ham Hash Browns Cole Slaw Fruit Salad Corn Bread	6	Baked Steak Mashed Potatoes Winter Blend Apricots Bread Brownie	7	Chicken Breast Rice Red Potatoes Brussel Sprouts Fruit Parfait Bread	8	Cheese Ravioli Tossed Salad Peas Apples Breadstick
11	Sloppy Joes Cream Broccoli Green Beans Banana Crackers	12	Macaroni Cheese Stewed Tomatoes Broccoli Pineapples Bread	13	Chicken Pot Pie Tossed Salad Tropical Fruit Biscuit	14	Sausage Links Scrambled Eggs Diced Potatoes Mandarin Oranges Apple juice Pancakes	15	Choice of Chef Salad or Pimento Cheese Sandwich Tomato Soup Pea & Cheese Salad Crackers
18	Closed Holiday	19	Meatloaf Mashed Potatoes Escaloped Cab- bage Peaches Dinner Roll	20	Roasted Pork Stuffing Mashed Potatoes Italian Blend Veggies Applesauce Bread	21	Chicken Fettuccini Alfredo Succotash Cucumber & Tomato Salad Fruit Juice Italian Bread	22	Spinach Salad Potato Soup Grapes Crackers Fruit Muffin
25	Beef & Noodles Whipped Potatoes Carrot Coins Fruit Cocktail Bread	26	Spaghetti with Meatballs Corn Beets Mandarin Oranges Bread	27	Smoked Sausage Mashed Potatoes Sauerkraut Apricots Bread	28	Johnny Marzetti Spinach Salad Lima Beans Applesauce Breadstick		

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