



January 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Closed Holiday	2	Baked Steak with Gravy Mashed Potatoes Winter Blend Apricots Bread Brownie	3	Chicken Breast Rice Red Potatoes Brussel Sprouts Fruit Parfait Bread	4	Cheese Ravioli Tossed Salad Peas Apples Breadsticks
		7	Sloppy Joes Cream Broccoli Green Beans Banana Crackers	8	Macaroni Cheese Stewed Tomatoes Broccoli Pineapples Bread	9	Chicken Pot Pie Tossed Salad Tropical Fruit Biscuit	10	Sausage Links Scrambled Eggs Diced Potatoes Mandarin Oranges Apple juice Pancakes
14	Turkey Tetrizzini Peas Carrots Pineapples Bread	15	Meatloaf with Gravy Mashed Potatoes Escalloped Cab- bage Peaches Dinner Roll	16	Roasted Pork w/ Gra- vy Stuffing Mashed Potatoes Italian Blend Veggies Applesauce Bread	17	Chicken Fettuccini Alfredo Succotash Cucumber & Tomato Salad Fruit Juice Italian Bread	18	Choice of Chef Salad or Spinach Salad Potato Soup Grapes Crackers Fruit Muffin
21	Closed Holiday	22	Spaghetti with Meatballs Corn Beets Mandarin Oranges Bread	23	Smoked Sausage Gravy Mashed Potatoes Sauerkraut Apricots Bread	24	Johnny Marzetti Spinach/Egg/Onion Cheese Salad Lima Beans Applesauce Breadstick	25	Chicken Salad Sandwich Vegetable Soup Potato Salad Pears Crackers
28	Baked Chicken Scalloped Potatoes Peas Mandarin Oranges Bread cookie	29	Bacon Cheese- burger Baked Beans Corn Apple Crisp	30	Chili Baby Bakers Broccoli Slaw Pears Corn Muffin Crackers	31	Chicken & Dumplings Mashed Potatoes Italian Veggie Blend Fruit Juice Bread		

**Subject to change due to availability*

Call by 8:00am for daily reservation or call our 24 hour reservation line: 740-962-6696

All menus served with 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