




# March 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Chicken Salad Vegetable Soup Potato Salad Pears Crackers	
4	Baked Chicken Scalloped Potatoes Peas Mandarin Oranges Bread cookie	5	Bacon Cheese- burger Baked Beans Corn Apple Crisp	6	Chili Baby Bakers Broccoli Slaw Pears Corn Muffin Crackers	7	Chicken & Dumplings Mashed Potatoes Italian Veggie Blend Fruit Juice Bread	8	Hamburger Gravy Mashed Potatoes Baby Carrots Peaches Biscuit
11	Chicken Sandwich Au gratin Potatoes Mixed Vegetables Fruit	12	Soup Beans & Ham Hash Browns Cole Slaw Fruit Salad Corn Bread	13	Baked Steak Mashed Potatoes Winter Blend Apricots Bread Brownie	14	Chicken Breast Rice Red Potatoes Brussel Sprouts Fruit Parfait Bread	15	Choice of Chef Salad or Cheese Ravioli Tossed Salad Peas Apples Breadstick
18	Sloppy Joes Cream Broccoli Green Beans Banana Crackers	19	Macaroni Cheese Stewed Tomatoes Broccoli Pineapples Bread	20	Chicken Pot Pie Tossed Salad Tropical Fruit Biscuit	21	Sausage Links Scrambled Eggs Diced Potatoes Mandarin Oranges Apple juice Pancakes	22	Pimento Cheese Sandwich Tomato Soup Pea & Cheese Salad Crackers
25	Turkey Tetrazzini Peas Carrots Pineapples Bread	26	Meatloaf Mashed Potatoes Escalloped Cab- bage Peaches Dinner Roll	27	Roasted Pork Stuffing Mashed Potatoes Italian Blend Veggies Applesauce Bread	28	Chicken Fettuccini Alfredo Succotash Cucumber & Tomato Salad Fruit Juice Italian Bread	29	Spinach Salad Potato Soup Grapes Crackers Fruit Muffin

*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**