




November 2018

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|---|---------|--|-----------|--|----------|---|--------|---|
| |  | |  | |  | | | | |
| 5 | Chicken Breast Rice Diced Red Potatoes Autumn blend Jello w/ Fruit Dinner Roll | 6 | Beef Stew Spinach Salad Fresh Fruit Biscuit | 7 | Chili Potato Salad Cole Slaw Banana Cornbread Crackers | 8 | Polish Sausage Mashed Potatoes Sauerkraut Peaches Dinner Roll | 9 | Hot Dog Corn Irish Potatoes Fruit Crisp |
| 12 | Chicken Sandwich Vegetable Soup Pea Salad Pineapple Chunks | 13 | Hamburger Gravy Mashed Potatoes Capri Blend Mandarin Oranges Cookie Biscuit | 14 | Sausage Gravy Egg Hashbrowns Tomato Juice Orange Slices Biscuit | 15 | Meatloaf Cheesy Mashed Potatoes Brussel Sprouts Mandarin Oranges Cookie Bread | 16 | Macaroni & Cheese Stewed Tomatoes Peas Cinnamon Applesauce Bread |
| 19 | Chicken & Dumplings Mashed Potatoes Tossed Salad Fruit Crisp Bread | 20 | Baked Steak Baby Bakers Italian Blend Apple Juice Brownie Dinner Roll | 21 | BBQ Pork Sandwich Potato Chunks Broccoli Apricots Crackers | 22 | Roasted Turkey Mashed Potatoes Succotash Cranberry Relish Pumpkin Roll Dinner Roll | 23 | Choice of Chef Salad or Soup Beans w/ Ham Carrot Raisin Salad Orange Cornbread |
| 26 | Pizza Burger Tator Tots Tossed Salad Peaches | 27 | Baked Chicken Rice Pilaf Green Beans Cucumber Tomato Salad Fruit Juice Bread | 28 | Turkey & Cheese Sandwich w/ lettuce Tomato & Onion Broccoli Soup Pineapple | 29 | CLOSED Holiday | 30 | BBQ Riblette Sandwich Hashbrown Casserole California Blend Applesauce |

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**