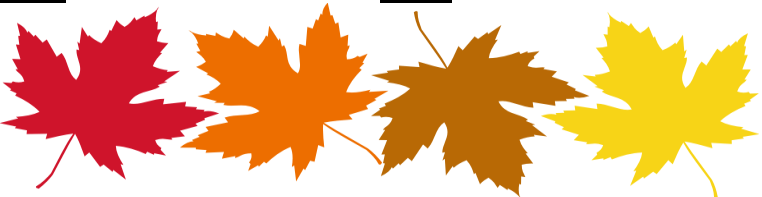




# October 2018

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Breast Rice Diced Red Potatoes Autumn blend Jello w/ Fruit Dinner Roll	2	Beef Stew Spinach Salad Fresh Fruit Biscuit	3	Chili Potato Salad Cole Slaw Banana Cornbread Crackers	4	Meatloaf Cheesy Mashed Potatoes Brussel Sprouts Mandarin Oranges Cookie Bread	5	Macaroni & Cheese Stewed Tomatoes Peas Cinnamon Applesauce Bread
8	Chicken Sandwich Vegetable Soup Pea Salad Pineapple Chunks	9	Hamburger Gravy Capri Blend Mandarin Oranges Cookie Biscuit	10	Sausage Gravy Hashbrowns Tomato Juice Orange Slices Biscuit	11	Swiss Steak w/ Tomato & Onions Augratin Potatoes Broccoli Pears Bread	12	Soup Beans w/ Ham Carrot Raisin Salad Orange Cornbread
15	Chicken & Dumplings Mashed Potatoes Tossed Salad Fruit Crisp Bread	16	Baked Steak Baby Bakers Italian Blend Apple Juice Brownie Dinner Roll	17	BBQ Pork Sand- wich Potato Chunks Broccoli Apricots Crackers	18	Beef Stroganoff Rice Peas & Carrots Beets Mandarin Oranges Bread	19	Choice of Chef or Taco Salad Refried Beans Tropical Fruit Rice Krispie Treat Tortilla Chips
22	Pizza Burger Tator Tots Tossed Salad Peaches	23	Baked Chicken Rice Pilaf Green Beans Cucumber Tomato Salad Fruit Juice Bread	24	Turkey & Cheese Sandwich w/ lettuce Tomato & Onion Broccoli Soup Pineapple	25	Country Fried Chicken w/ Gravy Scalloped Potatoes Corn Fruit Cookie Bread	26	BBQ Riblette Sandwich Hashbrown Casserole California Blend Applesauce
29	Pimento Cheese Sandwich Tomato Soup Cole Slaw Fruit Cocktail Crackers	30	Johnny Marzetti Lima Beans Tossed Salad Baked Apples Breadstick	31	Grilled Chicken Salad Potato Soup Breadstick Cracker				

*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**