



September 2018

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
3	CLOSED Holiday	4	Scrambled Eggs Sausage Links Hashbrown Potatoes Strawberries Grape Juice Pancakes	5	BBQ Pork Sandwich Baby Bakers Green Beans Grapes	6	Swiss Steak Cheddar Mashed Potatoes Beets Fruit Cocktail Pudding Bread	7	Spinach Salad Tomato Soup Mandarin Orange Fruit Muffin Crackers
10	Meatball Sub Scalloped Potatoes Italian Blend Peaches	11	Grilled Chicken Salad Fruit Mix Breadsticks Crackers	12	Cube Steak Mashed Potatoes Broccoli & Cauliflower Apricots Dinner Roll	13	Sausage Gravy Boiled Egg Hashbrowns Mandarin Oranges Grape Juice Biscuit	14	Chicken Tenders Mashed Sweet Potatoes Pasta Salad Sugar Snap Peas Watermelon Vanilla Wafers
17	Baked Chicken Parslied Red Potatoes California Blend Pears Vanilla Wafers Bread	18	Pot Roast Sandwich Potato Soup Beets Apple Crisp	19	Polish Sausage Mashed Potatoes Sauerkraut Peaches Brownie Bread	20	Chef Salad Angel Food Cake with Strawberries Crackers	21	Choice of Chef Salad Or Baked Steak Mashed Potatoes Corn Cantaloupe Dinner Roll
24	Chicken Alfredo Broccoli Peas Banana Bread	25	Hamloaf Hashbrown Casserole Brussel Sprouts Fruit Cocktail Dinner Roll	26	Taco Salad Refried Beans Mandarin Oranges Rice Krispie Treat Tortilla Chips	27	Turkey Dressing Sweet Potatoes Capri Blend Pineapple Bread	28	Johnny Marzetti Green Beans Cole Slaw Apple Crunch Cookie

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**