

March 2018

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Spinach Salad Cream of Potato Soup Grapes Crackers Muffin	6	Italian Chicken Noodles Succotash Cucumber & Tomato Salad Fruit Juice	7	Meatloaf Mashed Potatoes Cooked Cabbage Peaches Bread	8	Sliced Turkey Whipped Potatoes Italian Blend Fruit Cocktail Cookie Bread	9	Baked Chicken Cheesy Hashbrowns Brussel Sprouts Fruit Parfait Bread
12	Smoked Sausage Whipped Potatoes Sauerkraut Apricots Cake Bread	13	Shredded Chicken Sandwich Augratin Potatoes Candied Carrots Fruit	14	Bacon Cheeseburger Baked Beans Corn Nibbles Fruit Juice	15	Taco Salad Mandarin Oranges Refried Beans Tortilla Chips Cookie	16	Choice of Chef Salad or Swedish Meatball Noodles Corn Beets Tropical Fruit Bread
19	Creamed Chicken Whipped Potatoes Italian Vegetables Fruit Juice Cookie Biscuit	20	Ravioli w/ Meat Sauce Tossed Salad Peas & Onions Baked Apples Breadstick	21	Hamburger Gravy Mashed Potatoes Baby Carrots Sliced Peaches Biscuit	22	Baked Chicken Scalloped Potatoes Sugar Snap Peas Mandarin Oranges Cookie Bread	23	Chili Cole Slaw Potato Salad Peas Corn Muffin Crackers
26	Sausage Gravy Boiled Egg Diced Potatoes Mandarin Oranges Juice Biscuit	27	Baked Steak Mashed Potatoes Winter Blend Apricots Brownie Bread	28	Chicken Pot Pie Spinach Salad Mandarin Oranges Biscuit	29	Sloppy Joes Tater Tots Green Beans Banana Crackers	30	Macaroni & Cheese Stewed Tomatoes Capri Blend Pineapple Chunks Bread

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 HDMCLIENTS:

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**