

July 2010

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Holiday 	6	Hawaiian Chicken Baked Potato Capri Blend Vegetables Banana Vanilla Wafers Bread	7	Chef Salad Cream of Potato Soup Pound Cake w/ Strawberries Crackers	8	BBQ Chicken Corn Broccoli Grapes Macaroni Salad	9	Pulled Pork Sandwich Potato Salad Green Beans Baked Pears w/ Raspberry Sauce
12	Roast Pork w/ Gravy Mashed Potatoes Cole Slaw Apricots Dinner Roll	13	Sloppy Joes Oven Brownd Potatoes Broccoli Florets Pineapple	14	Egg Salad on Lettuce Leaf Cream of Broccoli Soup Tomato Wedges Watermelon Cubes Bread	15	Swiss Steak w/Onions Mashed Potatoes Cooked Cabbage Cranberry Juice Pudding Bread	16	Taco Salad Casserole w/Salsa & Sour Cream Cantaloupe Cubes Tortilla Chips Oatmeal Cookie
19	Sweet & Sour Chicken Asian Veggies Egg Roll Mandarin Oranges White Rice Fortune Cookie	20	Baked Fish Peas & Carrots Mexican Cole Slaw Banana Mac & Cheese Bread	21	Beef & Noodles Mashed Potatoes Tossed Salad Peaches Dinner Roll	22	Strawberry Chef's Salad Pineapple Vegetable Soup Crackers Fruit Muffin	23	Sausage Gravy Hard Boiled Egg Home-style Potatoes Tomato Juice Cinnamon Apples Vanilla Wafers Biscuit
26	Pork Chop Sweet Potato Green Beans Citrus Sections Fruit Muffin Dinner Roll	27	Chicken Salad on a Lettuce Leaf Tomato Soup Perfection Salad Apple Slices Crackers Bread	28	Hamloaf Red Skin Potatoes California Blend Vegetables Pears Gingersnaps Cornbread	29	Swedish Meatballs w/Gravy Baby Carrots Cucumber & Onion Salad Mixed Fruit Rice Bread	30	Parmesan Chicken Pasta w/Sauce Italian Vegetables Tossed Salad Peach Crisp Bread Stick

**Subject to change due to availability*

Call by 8:00am for daily reservation or call our 24 hr. reservation line:

Marietta	373-3455	Belpre	401-0934
Layman	678-8597	Lower Salem	585-2442
Beverly	984-4475	New Matamoras	865-2448

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

***Don't forget to remind your driver if you are a diabetic**