




November 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Hamburger Gravy Whipped Potatoes Green Beans Jello w/ Fruit Biscuit Cookie	
4	Roast Beef and Cheese Sandwich Hashbrown Casserole California Blend Applesauce	5	Chicken Sandwich Baked Beans Cucumber Tomato Salad Fruit Juice	6	Turkey and Cheese Sandwich w/ Lettuce, Tomato & Onion Potato Soup Pineapple	7	Teriyaki Pork Chop Scalloped Potatoes Italian Blend Mandarin Oranges Cookie Bread	8	Pizza Burger Potato Wedges Tossed Salad Peach Crisp
11	Taco Salad Refried Beans Tropical Fruit Rice Krispie Treat Tortilla Chips	12	Baked Steak Whipped Potatoes Italian Blend Grape Juice Brownie Dinner Roll	13	Chicken Dump Casserole Baby Carrots Tossed Salad Warm Apple Slices Bread	14	BBQ Pork Riblet Sandwich Baby Bakers Spinach Pears Crackers	15	Choice of Chef Salad or Beef Stroganoff Corn Green Beans Fruit Juice Biscuit
18	Macaroni & Cheese Stewed Tomatoes Italian Peas Fruit Cup Bread	19	Chili Potato Salad Cole Slaw Banana Cornbread Crackers	20	Baked Ham Seasoned Red Potatoes Brussel Sprouts Mandarin Oranges Cookie Bread	21	Johnny Marzetti Autumn Blend Spinach Salad Apple Crisp Breadstick	22	Baked Chicken Mashed Potatoes Buttered Beets Fresh Fruit Dinner Roll
25	Polish Sausage Sauerkraut Mashed Potatoes Apricots Dinner Roll	26	Cabbage Rolls Augratin Potatoes Peas Pineapple Dinner Roll	27	Turkey Dressing Whipped potatoes Baby carrots Apple juice Bread	28	CLOSED Holliday	29	CLOSED

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 CLIENTS