


March 2020

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Sausage Gravy Boiled Egg Orange Juice Hash Browns Biscuit	3	Macaroni & Cheese Stewed Tomatoes Sesame Broccoli Pineapple Bread	4	Sloppy Joes Tater Tots Green Beans Banana Bun	5	Swiss Steak w/ Gravy Mashed Potatoes Broccoli Tropical Fruit Dinner Roll	6	Chicken Pot Pie Tossed Salad Orange Pineapple Fluff Salad Dinner Roll
9	Turkey Tetrazzini Peas Carrots Pineapple Bread	10	Spinach Salad Potato Soup Grapes Crackers Fruit Muffin	11	Meatloaf Mashed Potatoes Zucchini/Squash Augratin Peaches Dinner Roll	12	Roast Pork w/ Gravy Mashed Potatoes Italian Blend Applesauce Dinner Roll	13	Herb Baked Chicken Roasted Red Potatoes Brussel Sprouts Fruit Parfait Bread
16	Maple Dijon Chicken Scalloped Potatoes Peas Mandarin Oranges Bread Cookie	17	Cheeseburger w/ Tomato, Lettuce, Onion & Pickle Baked Beans Apple Crisp Fruit Juice Bun	18	Chili Baby Bakers Broccoli w/ Cheese Sauce Pear Saltine s Corn Muffin	19	Ham & Noodle Casserole Whipped Potatoes Italian Blend Fruit Juice Bread	20	Hamburger Gravy Mashed Potatoes Baby Carrots Sliced Peaches Biscuit <u>OR</u> Choice of Chef Salad
23	Soup Beans & Ham Cole Slaw Carrot Raisin Salad Fruit Salad Corn Bread Muffin	24	Chicken Penne Pasta Corn Green Bean Salad Fruit Juice Bread	25	Baked Steak w/ Gravy Mashed Potatoes Winter Blend Apricots Brownie Bread	26	Chicken Sandwich Augratin Potatoes Capri Blend Banana	27	Cheese Ravioli Tossed Salad Peas Warm Baked Apples Breadstick
30	Egg Salad Vegetable Soup Potato Salad Pears Crackers	31	Teriyaki Chicken Rice California Blend Apple Juice Mandarin Oranges 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 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