






April 2020

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Sausage Links Scrambled Egg Diced Potatoes Strawberries Orange Juice Pancakes	2	Chicken Parmesan Spaghetti w/ Sauce Tossed Salad Baked Peaches Bread	3	Cubed Steak w/ Mushroom Gravy Mashed Potatoes California Blend Applesauce
6	Ham & Bean Soup Cole Slaw Grape Juice Applesauce Cornbread Crackers	7	Smoked Sausage Mashed Potatoes w/ Gravy Sauerkraut Strawberry Sunshine Jello Dinner Roll	8	Swedish Meatballs w/ Gravy Noodles Peas Baby Carrots Mandarin Oranges Bread	9	Baked Chicken w/ County Gravy Baked Sweet Potato Green Beans Grape Juice Cookie	10	Beef & Macaroni Mixed Vegetables Tossed Salad Apple Crisp Bread
13	Sweet & Sour Chicken Rice Stir Fry Vegetables Carrots Apple Juice Fruit Muffin	14	Glazed Ham Mashed Potatoes Seasoned Cabbage Pineapple Bread Cookie	15	Pork Chop w/ Gravy Dressing Whipped Potatoes Parmesan Brussel Sprouts Grapes Bread	16	Teriyaki Chicken Baked Potato Broccoli w/ Cheese Sauce Fruit Cocktail Dinner Roll	17	Pimento Cheese Sandwich Tomato Soup Cole Slaw Assorted Berries Cracker <u>OR</u> Choice of Chef Salad
18	Baked Chicken Augratin Potatoes Buttered Beets Jello w/ Mandarin Oranges Bread Pudding	19	Meatloaf w/ Gravy Mashed Potatoes Capri Blend Apple Juice Dinner Roll	20	Chicken & Noodles Mashed Potatoes Green Beans Fruit Cup Bread	21	Beef Pot Pie Tossed Salad Tropical Fruit Biscuit	22	Ham Salad Broccoli Soup Cucumber Salad Peaches Saltines
27	Shredded Chicken Diced Potatoes O'Brien Capri Blend Jello w/ Pear Chunks	28	Turkey and Cheese Sandwich Vegetable Soup Potato Salad Mandarin Oranges Crackers	29	Roast Beef Mashed potatoes Steamed Zucchini & Yellow Squash Peaches Dinner Roll	30	Stuffed Peppers Irish Potatoes Broccoli Grape Juice 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