


November 2021

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Johnny Marzetti Autumn Blend Tossed Salad Peach Crisp Breadstick	2	Sausage Gravy Boiled Egg Hashbrowns Tomato Juice Oranges Biscuit	3	Turkey & Gravy Whipped Potatoes Carrots Banana Roll	4	Ham Diced Potatoes Brussel Sprouts Pears Dinner Roll	5	Macaroni & Cheese Peas Stewed Tomatoes Fruit Cup Bread
8	Beef Stew Spinach Salad Apple Crisp Biscuit	9	Baked Pork Chop Scalloped Potatoes Italian Blend Mandarin Oranges Bread Cookie	10	Baked Chicken Baked Beans Corn Fruit Juice Bread	11	Turkey & Cheese Sandwich Potato Soup Pineapple Crackers	12	Sliced Beef Hashbrown Casserole California Vegetables Fruit Parfait Bread
15	Country Fried Steak Mashed Potatoes Broccoli Pears Roll	6	Pimento Cheese Sandwich Tomato Soup Cole Slaw Pineapple Crackers	17	Swedish Meatballs Broccoli Salad Green Beans Fruit Juice Bread	18	Stuffed Cabbage Augratin Potatoes Peas Fruit Cocktail Roll	19	Rigatoni Spring Blend Tossed Salad Applesauce Breadstick
22	Chicken Parmesan Carrots Tossed Salad Peaches Bread	23	Turkey w/ Gravy Whipped Potatoes Carrots Apple Juice Bread	24	Polish Sausage Mashed Potatoes Sauerkraut Apricots Roll	25	<u>Closed Holiday</u>	26	<u>Closed Holiday</u>
29	Turkey Tetrazini Green Beans Cauliflower Fruit Cup Bread	30	Swiss Steak Augratin Potatoes Broccoli Pears Bread Vanilla Wafers						
<p><i>*Subject to change due to availability</i> 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 Matamoros 865-2448 All Menus served with choice of milk and bread Don't forget to remind your driver if you are a diabetic</p>				<p>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</p>					