

# October 2022

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Pepper Steak Stir Fry Vegetables Au gratin Potatoes Sliced Pears Bread Vanilla Wafers	4	Chicken Salad Sandwich Vegetable Soup Pea Salad Pineapple Chunks Bun Crackers	5	Sausage Gravy Scrambled Eggs Hashbrowns Tomato Juice Orange Slices Biscuit	6	Taco Salad Refried Beans Tropical Fruit Baked Chips Rice Krispie Treat	7	Turkey Tetrazini Green Beans Cauliflower Fresh Fruit Cup Bread
10	Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll	11	Pimento Cheese Sandwich Tomato Soup Cole Slaw Fruit Juice Bun Crackers	12	Country Fried Steak Whipped Potatoes Broccoli Banana Dinner Roll	13	Beef Stroganoff Succotash Tossed Salad w/Tomato Applesauce Breadstick	14	Stuffed Pepper Casserole Potato Cakes Peas Fruit Cocktail Dinner Roll
17	Turkey & Cheese Sandwich Potato Soup Mandarin Oranges Bun Crackers	18	Teriyaki Pork Chop Scalloped Potatoes Italian Vegetables Pineapple Bread Cookie	19	Baked Chicken Strips Baked Beans Buttered Corn Fruit Juice Bread	20	Beef Stew Spinach Salad Apple Crisp Dinner Roll	21	Shredded Beef Hashbrowns California Vegetables Fruit Parfait Bun <u>OR</u> Choice of Chef Salad
24	Macaroni & Cheese Peas Stewed Tomatoes Fruit Jello Bread	25	Honey Mustard Chicken Carrots Lima Beans Banana Brown Rice Cookie	26	Ravioli w/ Marinara Autumn Vegetables Tossed Salad w/Tomato Peaches Breadstick	27	Sloppy Joe Diced Potatoes Brussel Sprouts Pears Bun	28	Mummy Dog 🍩 Saucy Bugs 🍩 Deviled Salad Witches Crunch Ghost Juice 🎃
31	Swedish Meatballs Broccoli Salad Green Beans Apples Bread								

\*\*\*\*Menu 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 Matamoros 740-865-2448

All Menus served with choice of milk and bread

### 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 \$4.00 PER MEAL FOR TITLE III CLIENTS**