

November 2022

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	BBQ Shredded Pork Baked Potato Creamed Spinach Juice Bun Crackers	2	Chicken Parmesan Carrots Tossed Salad w/Tomatoes Cinnamon Peaches Bread	3	Baked Steak Whipped Potatoes Italian Vegetables Grapes Dinner Roll Brownie	4	Ham & Bean Soup Capri Salad Cherry Crisp Cornbread
7	Pepper Steak Stir Fry Vegetables Au gratin Potatoes Sliced Pears Bread Vanilla Wafers	8	Chicken Salad Sandwich Vegetable Soup Pea Salad Pineapple Chunks Bun Crackers	9	Sausage Gravy Scrambled Eggs Hashbrowns Tomato Juice Orange Slices Biscuit	10	Taco Salad Refried Beans Tropical Fruit Baked Chips Rice Krispie Treat	11	Turkey Tetrazini Green Beans Cauliflower Fresh Fruit Cup Bread
14	Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll	15	Pimento Cheese Sandwich Tomato Soup Cole Slaw Fruit Juice Bun Crackers	16	Beef Stroganoff Succotash Tossed Salad w/Tomato Applesauce Breadstick	17	Country Fried Steak Whipped Potatoes Broccoli Banana Dinner Roll	18	Stuffed Pepper Casserole Potato Cakes Peas Fruit Cocktail Dinner Roll <u>OR</u> Choice of Chef Salad
21	Beef Stew Spinach/Egg/Onion/ Cheese Salad Apple Crisp Dinner Roll	22	Turkey w/ Gravy Whipped Potatoes Baby Carrots Apple Juice Bread Pumpkin Pie 	23	Baked Chicken Strips Baked Beans Buttered Corn Fruit Juice Bread	24	<u>Closed Holiday</u>	25	<u>Closed Holiday</u>
28	Honey Mustard Chicken Carrots Lima Beans Banana Brown Rice Cookie	29	Macaroni & Cheese Peas Stewed Tomatoes Fruit Jello Bread	30	Ravioli w/ Marinara Autumn Vegetables Tossed Salad w/Tomato Peaches Breadstick				

*****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 Matamoras 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**