


March 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Spaghetti w/ Meatsauce Tossed Salad w/ Tomatoes Lima beans Baked Apples Breadstick	2	Ham and Bean Soup Cole Slaw Fruit Cup Cornbread	3	Baked Steak Mashed Potatoes Winter Vegetables Mandarin Oranges Bread Brownie
6	Turkey w/ Gravy Sweet Potatoes Steamed Asparagus Fruit Cocktail Bread Cookie	7	Chicken Breast w/ Peppers & Onions California Vegetables Apple Juice Peaches Brown Rice Bread	8	Hamburger Gravy Scalloped Potatoes Carrots Pears Biscuit	9	Rigatoni w/ Meat Sauce Spinach Salad Corn Applesauce Breadstick	10	Smoked Sausage Whipped Potatoes Sauerkraut Orange Pineapple Fluff Bread Brownie
13	Turkey Tetrazini Peas Buttered Beets Mandarin Oranges Bread	14	Meatball Sub Potato Wedges Glazed Carrots Strawberries Bun	15	Baked Chicken Baked Beans Green Beans Fruit Juice Dinner Roll	16	Sloppy Joe Diced Potatoes Succotash Banana Crackers Bun	17	Macaroni & Cheese Stewed Tomatoes Cauliflower Pineapple Bread
20	Country Fried Chicken Mashed Potatoes Sugar Snap Peas Peaches Bread Cookie	21	Chef Salad Boiled Egg Broccoli Soup Grapes Fruit Muffin Crackers	22	Ham & Noodle Casserole Creamed Spinach Mixed Vegetables Fruit Juice Bread	23	Taco Salad Refried Beans Tropical Fruit Baked Chips	24	Chicken Salad Sandwich Vegetable Soup Potato Salad Pear Chunks Bun Crackers <u>OR</u> Choice of Chef Salad
27	Pork Chop w/ Gravy Augratin Potatoes Italian Vegetables Sliced Apples Dinner Roll	28	Chili w/ Beans Baked Potato Broccoli w/ Cheese Pears Cornbread Crackers	29	Sweet & Sour Chicken Stir Fry Vegetables Brussel Sprouts Fruit Parfait Brown Rice Bread	30	Meatloaf w/ Gravy Mashed Potatoes Autumn Vegetables Mixed Berries Dinner Roll	31	Turkey Pot Pie Tossed Salad w/ Tomato Pineapple Biscuit

*****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**

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