





# August 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Meatball Sub w/ Mozzarella Potato Wedges Summer Vegetables Bun	2	Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Bread Brownie	3	Chef Salad Vegetable Soup Strawberries Crackers Cake	4	 <b>Choice Day</b> Baked Steak w/ Gravy <i>or</i> Turkey Sandwich Mashed Potatoes Mixed Vegetables Cantaloupe Dinner Roll
7	Ham & Bean Soup Carrots Cherry Crisp Cornbread	8	Sausage Gravy Scrambled Egg Hashbrowns Oranges Apple Juice Biscuit	9	Turkey Tetrazini Beets Carrots Strawberries Bread	10	Country Fried Steak Mashed Potatoes Broccoli w/ Cheese Fruit Cocktail Bread Pudding	11	Baked Chicken Patty Sweet Potato Fries Broccoli Slaw Peaches Bun
14	Rigatoni w/ Meat Sauce Spinach w/ Onion Italian Vegetables Applesauce Breadstick	15	Honey Mustard Chicken Stir Fry Vegetables Peas Watermelon Brown Rice Bread Vanilla Wafers	16	Chicken Tenders Baked Beans Potato Salad Apple Crisp Bread	17	Turkey Rueben Broccoli Soup Pickled Beets Grape Juice Bread	18	Chicken & Noodle Green Beans Corn Orange Pineapple Fluff Cookie
21	Baked Chicken Roasted Potatoes w/ Pepper & Onion Cauliflower Grapes Bread	22	Baked Steak w/ Gravy Carrots Baby Bakers Fruit Juice Bread	23	Teriyaki Pork Chops Au gratin Potatoes Brussel Sprouts Jello w/ Mandarin Oranges Dinner Roll	24	Cheeseburger Baked Beans Cole Slaw Blueberry Crisp Bun	25	 <b>Choice Day</b> Corndog Bites <i>or</i> Chef Salad Potato Fries Snow Peas Melon Cup Bread Brownie
28	Taco Salad Refried Beans Mandarin Oranges Baked Chips Rice Krispie Treat	29	Creamy Chicken Pasta Broccoli Green Beans Apples Bread	30	Turkey w/ Gravy Sweet Potatoes Capri Vegetables Banana Bread	31	Meatloaf Scalloped Potatoes Summer Vegetables Fruit Cocktail Dinner Roll		

**\*\*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  
Beverly 740-984-4475 New Matamoras 740-865-2448  
All meals served with 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**