




September 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
4 <u>Closed Holiday</u>		5 Meatball Sub w/ Mozzarella Potato Wedges Summer Vegetables Peaches Bun		6 Smoked Sausage Mashed Potatoes Sauerkraut Pineapple Bread Brownie		7 Chicken Parmesan Salad w/ Tomatoes California Vegetables Sliced Apples Bread		1  Choice Day Ham & Cheese Sandwich <i>Or</i> Sloppy Joe Succotash Roasted Potatoes Pineapple Bun	
11 Ham & Bean Soup Carrots Cherry Crisp Cornbread		12 Country Fried Steak Mashed Potatoes Broccoli w/ Cheese Fruit Cocktail Bread Pudding		13 Grilled Chicken Salad Boiled Egg Black Bean Salad Potato Soup Breadstick Crackers		14 Sausage Gravy Scrambled Egg Hashbrowns Oranges Apple Juice Biscuit		15 Baked Chicken Patty Sweet Potato Fries Broccoli Slaw Peaches Bun	
18 Rigatoni w/ Meat Sauce Spinach w/ Onion Italian Vegetables Applesauce Breadstick		19 Chicken Tenders Baked Beans Potato Salad Apple Crisp Bread		20 Chicken & Noodle Green Beans Corn Orange Pineapple Fluff Cookie		21 Turkey Rueben Broccoli Soup Pickled Beets Grape Juice Bread		22  Choice Day Honey Mustard Chicken <i>Or</i> Chef Salad Stir Fry Vegetables Peas Watermelon Brown Rice Bread	
25 Baked Chicken Roasted Potatoes w/ Pepper & Onion Cauliflower Grapes Bread		26 Scrambled Egg Sausage Links Hashbrowns Orange Juice French Toast		27 Teriyaki Pork Chops Au gratin Potatoes Brussel Sprouts Jello w/ Mandarin Oranges Dinner Roll		28 Cheeseburger Baked Beans Cole Slaw Blueberry Crisp Bun		29 Corndog Potato Fries Snow Peas Melon Cup 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

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