

November 2023

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

Congregate

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Baked Steak Whipped Potatoes Carrots Fruit Cup Roll		2 Meatloaf Scalloped Potatoes Brussel Sprouts Diced Pears w/Jello Roll		3 <i>Choice Day</i> Corn Dog <i>Or</i> Ravioli w/Marinara Autumn Blend Salad w/Tomatoes Blueberry Crisp Breadstick 	
6 Scrambled Egg Sausage Gravy Hashbrown Tomato Juice Orange Biscuit		7 Spaghetti w/Meatballs Italian Vegetables Creamed Spinach Strawberries Breadstick Crackers		8 Cheeseburger Home Fries Baked Beans Grapes Bun		9 Beef & Bean Chili Baked Potato Cherry Crisp Cornbread		10 Chicken Noodle Casserole Baby Carrots Tossed Salad w/Tomatoes Cinnamon Peaches Bread	
13 Teriyaki Meatballs Broccoli Harvest Vegetables Apple Brown Rice Bread		14 Ham & Cheese Sandwich Baby Bakers California Vegetables Fruit Parfait Bun		15 Shepards Pie Spinach/Egg/Cheese Salad Apple Crisp Roll		16 Chicken Patty Sweet Potato Fries Creamed Corn Fruit Juice Bun		17 <i>Choice Day</i> Turkey & Cheese Sandwich <i>Or</i> Chef Salad Potato Soup Mandarin Oranges Bun Crackers 	
20 Taco Salad Refried Beans Tropical Fruit Tortilla Chips		21 Roasted Turkey w/ Gravy Whipped Potatoes Baby Carrots Apple Juice Roll Pumpkin Pie 		22 Pepper Steak w/ Peppers & Onions Augratin Potatoes California Vegetables Pears Bread		23 <u>Closed Holiday</u>		24 <u>Closed Holiday</u>	
27 Smoked Sausage Mashed Potatoes Sauerkraut Apricots Roll		28 Stuffed Cabbage Roasted Potatoes Peas Fruit Cocktail Roll		29 Beef Stroganoff Lima Beans Tossed Salad w/Tomatoes Applesauce Bread		30 Baked Chicken Whipped Potatoes Broccoli w/Cheese Banana 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