

# December 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Choice Day</b>  <b>CornDog</b> <b>Or</b> <b>Pimento Cheese Sandwich</b> <b>Tomato Soup</b> <b>Cole Slaw</b> <b>Juice</b> <b>Crackers</b> <b>Bun</b>
<b>4</b> <b>Sweet &amp; Sour</b> <b>Chicken</b> <b>Stir Fry Vegetables</b> <b>Beets</b> <b>Banana</b> <b>Bread</b>	<b>5</b> <b>Ravioli w/Marinara</b> <b>Autumn Blend</b> <b>Salad w/Tomatoes</b> <b>Blueberry Crisp</b> <b>Breadstick</b>	<b>6</b> <b>Baked Steak</b> <b>Whipped Potatoes</b> <b>Carrots</b> <b>Fruit Cup</b> <b>Roll</b>	<b>7</b> <b>Meatloaf</b> <b>Scalloped Potatoes</b> <b>Brussel Sprouts</b> <b>Pears</b> <b>Roll</b>	<b>8</b> <b>Beef Stew</b> <b>Green Beans</b> <b>Pineapple</b> <b>Biscuit</b>
<b>11</b> <b>Scrambled Egg</b> <b>Sausage Link</b> <b>Potato Wedges</b> <b>Grape Juice</b> <b>Orange</b> <b>French Toast</b>	<b>12</b> <b>Spaghetti w/Meatballs</b> <b>Italian Vegetables</b> <b>Creamed Spinach</b> <b>Strawberries</b> <b>Breadstick</b> <b>Crackers</b>	<b>13</b> <b>Cheeseburger</b> <b>Home Fries</b> <b>Baked Beans</b> <b>Grapes</b> <b>Bun</b>	<b>14</b> <b>Beef &amp; Bean Chili</b> <b>Baked Potato</b> <b>Cherry Crisp</b> <b>Cornbread</b>	<b>15</b> <b>Chicken Noodle Casserole</b> <b>Baby Carrots</b> <b>Salad w/ Tomato</b> <b>Warm Peaches</b> <b>Bread</b>
<b>18</b> <b>Teriyaki Meatballs</b> <b>Broccoli</b> <b>Harvest Vegetables</b> <b>Apple</b> <b>Brown Rice</b> <b>Bread</b>	<b>19</b> <b>Turkey &amp; Cheese</b> <b>Sandwich</b> <b>Potato Soup</b> <b>Mandarin Oranges</b> <b>Bun</b> <b>Crackers</b>	<b>20</b> <b>Shepards Pie</b> <b>Spinach/Egg/Cheese</b> <b>Salad</b> <b>Apple Crisp</b> <b>Roll</b>	<b>21</b> <b>Chicken Patty</b> <b>Sweet Potato Fries</b> <b>Creamed Corn</b> <b>Fruit Juice</b> <b>Bun</b>	<b>22</b> <b>Glazed Ham</b> <b>Sweet Potato</b> <b>Green Bean Casserole</b> <b>Grape Juice</b> <b>Roll</b>  <b>Apple Pie</b> 
<b>25</b>  <b><u>Closed Holiday</u></b>	<b>26</b>  <b><u>Closed Holiday</u></b>	<b>27</b> <b>Pepper Steak</b> <b>w/Peppers &amp; Onions</b> <b>Augratin Potatoes</b> <b>California Vegetables</b> <b>Pears</b> <b>Bread</b>	<b>28</b> <b>Chicken Salad</b> <b>Sandwich</b> <b>Vegetable Soup</b> <b>Pea Salad</b> <b>Pineapple</b> <b>Crackers</b> <b>Bun</b>	<b>29</b> <b>Choice Day</b>  <b>Chef Salad</b> <b>Or</b> <b>Taco Salad</b> <b>Refried Beans</b> <b>Tropical Fruit</b> <b>Chips</b>

**\*\*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**

### 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**