




January 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Closed Holiday</u>	2 Ham & Noodle Casserole Carrots Cauliflower Fruit Juice Bread	3 Sausage Gravy Scrambled Egg Hashbrown Orange Grape Juice Biscuit	4 Baked Fried Chicken Mashed Potatoes Green Beans Jello w/ Fruit Dinner Roll	5 Choice Day Corndog <i>Or</i> Parmesan Chicken Salad w/ Tomatoes Italian Vegetables Blueberry Crisp Breadstick 
8 Turkey w/ Gravy Sweet Potatoes Asparagus Blend Fruit Cocktail Bread	9 Hamburger Gravy Mashed Potatoes Carrots Apple Juice Biscuit	10 Honey Mustard Chicken w/ Rice Harvest Blend Green Beans Orange Pineapple Fluff Bread	11 Johnny Marzetti Spinach Salad Corn Cinnamon Applesauce Breadstick	12 Smoked Sausage Whipped Potatoes Sauerkraut Mandarin Oranges Dinner Roll
15 <u>Closed Holiday</u>	16 Teriyaki Pork Chop Au gratin Potatoes Capri Blend Apple Dinner Roll	17 Turkey Pot Pie Tossed Salad w/ Tomatoes & Cabbage Fruit Juice Biscuit	18 Beef Chili w/ Beans Baked Potato Winter Blend Apple Crisp Corn Muffin Crackers	19 Meatloaf Baby Bakers Broccoli w/ Cheese Apricots Dinner Roll
22 Turkey Tetrazzini Green Beans Buttered Beets Mandarin Oranges Bread	23 Swedish Meatballs Peas Carrots Tropical Fruit Dinner Roll	24 Ham & Cheese Sandwich Roasted Red Potatoes Brussel Sprouts Fruit Parfait Bread	25 Sloppy Joe Potatoes w/ Peppers & Onions Broccoli Banana Bun	26 Choice Day Chef Salad <i>Or</i> Macaroni & Cheese Stewed Tomatoes Cauliflower Pineapple Bread 
29 Cheeseburger Home Fries Cole Slaw Baked Apples Bun	30 Ham & Bean Soup Mixed Vegetables Cherry Crisp Cornbread	31 Chicken Patty Sweet Potatoes Creamed Corn Grapes Bun		

****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 choice of 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