

# July 2024

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
1	Sweet & Sour Chicken Stir Fry Vegetables Pickled Beets Sliced Apple Crackers Brownie	2	Glazed Pork Chops Scalloped Potatoes Asparagus Mandarin Oranges Dinner Roll	3	Hotdog w/Cheese Home Fries Snow Peas Banana Bun	4	<u>Closed Holiday</u>		5	<u>Closed Holiday</u>	
8	Smoked Sausage Mashed Potatoes Sauerkraut Fruit Juice Bread	9	Sloppy Joe Baked Potato Broccoli w/Cheese Applesauce Bun	10	BBQ Chicken Au Gratin Potatoes California Vegetables Fruit Parfait Bread Vanilla Wafers	11	Hamburger Baked Beans Potato Salad Apple Crisp Bun	12	Sausage Links Scrambled Eggs Hashbrowns Orange Slices Tomato Juice French Toast		
15	Macaroni & Cheese Red Potatoes Stewed Tomatoes Diced Pears Bread	16	Spaghetti w/ Meatballs Lima Beans Green Beans Pineapple Bread	17	Grilled Chicken Salad Boiled Egg Tomato & Cucumber Fresh Fruit Cup Crackers Breadstick	18	Baked Steak Mashed Potatoes Broccoli Melon Chunks Dinner Roll	19	Chicken Patty Sweet Potato Fries Broccoli Slaw Peach Crisp Bun		
22	Taco Salad Lettuce & Tomato Refried Beans Tropical Fruit Tortilla Chips	23	Turkey w/ Gravy Sweet Potatoes Capri Vegetables Banana Bread	24	Meatloaf Baby Bakers Green Beans Grape Juice Dinner Roll	25	Baked Chicken Pea Salad Red Potatoes Blueberry Crisp Bread	26	Choice Day Turkey Reuben Broccoli Soup Cole Slaw Grapes Bread Or Choice of Chef Salad		
29	Egg Salad Sandwich Carrots Potato Soup Mandarin Oranges Crackers Bun	30	Chicken & Noodle Mashed Potatoes Malibu Vegetables Melon Chunks Bread	31	Ham & Swiss Sandwich Potato Chips Carrots Fruit Slaw 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**