
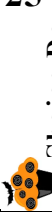



October 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pork Chop w/ Gravy Whipped Potatoes Baby Carrots Fruit Fluff Salad Bread Cookie	2 Chicken Salad Vegetable Soup Pea Salad Pineapple Crackers Bun	3 Baked Steak Mashed Potatoes Broccoli w/ Cheese Peaches Bread	4  Turkey Tetrazini <i>Or</i> Ham & Cheese Sandwich Green Beans Cauliflower Fruit Cup Bread
7 Beef Ravioli Autumn Blend Tossed Salad w/ Tomato Blueberry Crisp Breadstick	8 Macaroni & Cheese Peas Stewed Tomato Fruit Jello Bread	9 Meatloaf Diced Potatoes w/ Pepper & Onion Brussel Sprouts Diced Pears Dinner Roll	10 Salisbury Steak Whipped Potatoes Carrot Coins Fruit Cup Dinner Roll	11 Honey Mustard Chicken Asparagus & Potatoes Buttered Beets Banana Rice Bread
14 Chicken Tenders Baked Beans Cole Slaw Cherry Crisp Bread	15 Shepards Pie Spinach Salad Cinnamon Apples Biscuit	16 Turkey & Cheese Sandwich Potato Soup Carrots Mandarin Oranges Bun & Crackers	17 Baked Chicken Hashbrown Casserole California Blend Fruit Parfait Bun	18 Pineapple Pork Chop Scalloped Potatoes Italian Blend Pineapple Bread
21 BBQ Pulled Pork French Fries Creamed Corn Apples Bun	22 Chicken Parmesan Peas & Carrots Tossed Salad w/ Tomato Cinnamon Peaches Breadstick	23 Peppered Steak Roasted Potatoes Mixed Vegetables Grapes Bread	24 Sausage Gravy Scrambled Egg Hashbrowns Tomato Juice Orange Slices Biscuit	25  Ham & Bean Soup <i>Or</i> Chef Salad Capri Vegetables Apple Crisp Cornbread
28 Country Fried Steak Whipped Potatoes Broccoli Banana Dinner Roll	29 Smoked Sausage Mashed Potatoes Sauerkraut Apricots Dinner Roll	30 Pimento & Cheese Sandwich Tomato Soup Cole Slaw Diced Pears Bun & Crackers	31 Happy Halloween!  Spooky Stew (Beef Stew) Tossed Salad w/ Tomato Applesauce Scary Saucer (Biscuit)	

****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 Matamoros 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