

# November 2024

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
								1	Cabbage Casserole Sweet Potato Blend Italian Green Beans Jello w/ Fruit Bread
4	Taco Salad Refried Beans Tropical Fruit Rice Krispie Treat	5	Pork Chop w/ Gravy Au Gratin Potatoes Baby Carrots Fruit Fluff Salad Bread Cookie	6	Chicken Salad Vegetable Soup Pea Salad Pineapple Crackers Bun	7	Baked Steak Mashed Potatoes Broccoli w/ Cheese Peaches Bread	8	Turkey Tetrazini <i>Or</i> Ham & Cheese Sandwich Green Beans Cauliflower Fruit Cup Bread
11	Beef Ravioli Autumn Blend Tossed Salad w/ Tomato Blueberry Crisp Breadstick	12	Macaroni & Cheese Peas Stewed Tomato Fruit Jello Bread	13	Meatloaf Diced Potatoes w/ Pepper & Onion Brussel Sprouts Diced Pears Dinner Roll	14	Salisbury Steak Whipped Potatoes Carrot Coins Fruit Cup Dinner Roll	15	Honey Mustard Chicken Asparagus & Potatoes Buttered Beets Banana Rice Bread
18	Chicken Tenders Baked Beans Cole Slaw Cherry Crisp Bread	19	Shepards Pie Spinach Salad Cinnamon Apples Biscuit	20	Turkey & Cheese Sandwich Potato Soup Carrots Mandarin Oranges Bun & Crackers	21	Baked Chicken Hashbrown Casserole California Blend Fruit Parfait Bread	22	Pineapple Pork Chop <i>Or</i> Chef Salad Scalloped Potatoes Italian Blend Pineapple Bread
25	BBQ Pulled Pork French Fries Creamed Corn Apples Bun	26	Turkey w/ Gravy Whipped Potatoes Carrots Apple Juice Bread Pumpkin Pie	27	Peppered Steak Roasted Potatoes Mixed Vegetables Grapes Bread	28	<u>Closed Holiday</u>	29	<u>Closed Holiday</u>

**\*\*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**