




# January 2025

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				<u>Closed Holiday</u>		Ham & Noodle Casserole Carrots Lima Beans Fruit Juice Bread		Beef & Bean Chili Baked Potato Winter Vegetables Pears Corn Muffin Crackers	
6 Smoked Sausage Whipped Potatoes Sauerkraut Mandarin Oranges Bun		7 Spaghetti w/Meatballs Spinach Salad Corn Applesauce Breadstick		8 Turkey w/ Gravy Sweet Potatoes Asparagus Blend Fruit Cocktail Bread		9 Hamburger Gravy Mashed Potatoes Carrots Apple Juice Bread		10 <b>Choice Day</b>  Teriyaki Chicken <i>Or</i> Ham & Cheese Sand. Mixed Vegetables Green Beans Orange Fluff Salad Brown Rice & Bread	
13 Chef Salad Mixed Greens w/ Cucumber Potato Soup Banana Breadstick & Crackers		14 Pork Chop w/Gravy Au Gratin Potatoes Capri Vegetables Applesauce Dinner Roll		15 Baked Fried Chicken Mashed Potatoes Green Beans Jello w/ Fruit Bread		16 Taco Salad Refried Beans Tropical Fruit Tortilla Chips			
20		21 Chicken Patty Green Beans Sweet Potato Fries Apricots Bun		22 Ham & Bean Soup Pickled Beets Broccoli Cherry Crisp Corn Bread		23 Sausage Gravy Scrambled Egg Hashbrowns Oranges Grape Juice Biscuit		24 <b>Choice Day</b>  Baked Steak <i>Or</i> Chef Salad Mashed Potatoes Winter Vegetables Fruit Salad Bread & Brownie	
<u>Closed Holiday</u>									
27 Chicken Noodle Mashed Potatoes California Vegetables Mandarin Oranges Bread		28 Sloppy Joe French Fries California Vegetables Banana Crackers Bun		29 Ham & Cheese Sandwich Red Potatoes w/ Pepper & Onion Brussel Sprouts Fruit Parfait Bun		30 Swedish Meatballs Green Beans Glazed Carrots Tropical Fruit Bread		31 Macaroni & Cheese Stewed Tomatoes Cauliflower Pineapple Juice Bread	

**\*\*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**