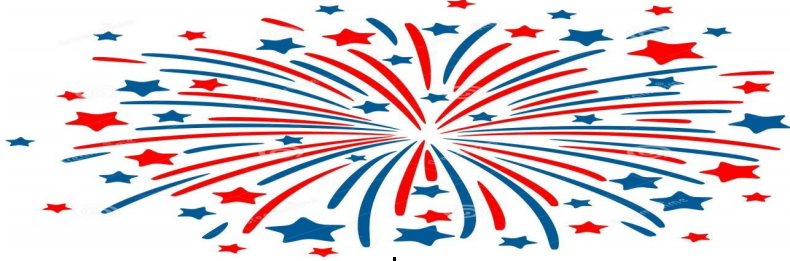


July 2026

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Hamburger Gravy Mashed Potatoes Green Beans Juice Biscuit	2	Cheeseburger Baked Beans Broccoli Salad Apple Crisp Bun	3	
								<u>Closed</u>	
6	Taco Salad Refried Beans Mandarin Oranges Tortilla Chips Rice Krispie Treat	7	Chicken Parmesan Italian Blend Warm Peaches Spaghetti Noodles Breadstick	8	Turkey Rueben Broccoli Soup Pickled Beets Apricots Bread	9	Chicken Alfredo Spinach Salad Green Beans Blueberry Crisp Breadstick	10	
								Shredded BBQ Pork Baked Potato Broccoli w/ Cheese Jello w/ Mandarin Oranges Bun	
13	Spaghetti w/ Meatballs California Blend Salad w/ Tomatoes Baked Apples Breadstick	14	Chicken Sandwich Sweet Potato Fries Brussel Sprouts Banana Bun	15	Honey Mustard Chicken Harvest Blend Beets Strawberries Brown Rice Bread	16	Ham & Cheese Sandwich Sun Chips Veggie Sticks Fresh Fruit Mix Bun	17	
								Choice Day ★	
								Baked Steak Mashed Potatoes Spring Blend Watermelon Bread Or Chef Salad	
20	Spinach Salad Spinach w/ Onion Potato Soup Mandarin Oranges Crackers	21	Meatball Sub Baby Baker Potatoes Green Beans Peaches Bun	22	Chicken Salad Tomato Potato Salad Mixed Fruit Cup Muffin/Crackers	23	Turkey w/ Gravy Sweet Potatoes Capri Blend Grapes Bread	24	
								Grill Chicken Sandwich Red Potatoes Coleslaw Cherry Crisp Bun	
27	Smoked Sausage Mashed Potatoes Sauerkraut Fruit Parfait Roll	28	Sloppy Joe Baked Potato Broccoli w/ Cheese Applesauce Bun	29	Chef Salad Tomatoes, Cucum- ber, & Onion Strawberries Angel Food Cake Croutons	30	Chicken Leg Hashbrown Casserole Malibu Blend Pears Bread Cookie	31	
								Choice Day ★	
								Mac & Cheese Cauliflower Stewed Tomatoes Fresh Orange Muffin Or Chef Salad	

****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.

SUGGESTED DONATION \$4.00 PER MEAL FOR TITLE III CLIENTS