August 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pepper Steak Scalloped Potatoes Carrots Pears Roll	4 Sausage Gravy w/ Scrambled Eggs Hashbrowns Tomato Juice Orange Biscuit	5 Hamburger Gravy Mashed Potatoes Green Beans Juice Biscuit	6 Cheeseburger Baked Beans Broccoli Salad Apple Crisp Bun	7 Sweet & Sour Chicken Summer Vegetables Peas and Carrots Apple Brown Rice Cookie
10 Taco Salad Refried Beans Mandarin Oranges Tortilla Chips Rice Krispie Treat	11 Chicken Parmesan Italian Vegetables Warm Peaches Breadstick	12 Turkey Rueben Broccoli Soup Pickled Beets Apricots Bread	13 Chicken Alfredo Spinach Salad French Green Beans Blueberry Crisp Breadstick	14 Choice Day Meatloaf Au Gratin Potatoes Succotash Grape Juice Bread *Or* Chef Salad
17 Spaghetti w/Meatballs California Vegetables Salad w/ Tomatoes Baked Apples Breadstick	18 Chicken Sandwich Sweet Potato Fries Brussel Sprouts Banana Bun	19 Honey Mustard Chicken Harvest Vegetables Beets Strawberries Brown Rice Bread	20 Ham & Cheese Sandwich Sun Chips Veggie Sticks Fruit Mix Bun	21 Baked Steak Mashed Potatoes Spring Vegetables Watermelon Bread
24 Spinach Salad w/ Egg & Onion Potato Soup Mandarin Oranges w/ Jello Crackers	25 Meatball Sub Baby Bakers Green Beans Peaches Bun	26 Chicken Salad Tomato Slices Potato Salad Mixed Fruit Cup Fruit Muffin Crackers	27 Turkey w/ Gravy Sweet Potatoes Capri Vegetables Grapes Bread	28 Choice Day Grilled Chicken Sandwich Potatoes w/ Peppers & Onion Coleslaw Cherry Crisp Bun *Or* Chef Salad
31 Smoked Sausage Mashed Potatoes Sauerkraut Fruit Parfait Roll				

*****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 Safely Rules. Please call and cancel if you will not be home.
SUGGESTED DONATION $4.00 PER MEAL FOR TITLE III CLIENTS