

September 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sloppy Joe Baked Potato Broccoli w/ Cheese Applesauce Bun	2 Chef Salad w/ Tomato, Cucumber & Onion Strawberries Angel Food Cake	3 Baked Chicken Leg Hashbrown Casserole Malibu Vegetables Pears Bread	4  Choice Day Macaroni & Cheese Cauliflower Stewed Tomatoes Orange Fruit Muffin <i>Or</i> Chef Salad
	7 <i>Closed Holiday</i>	9 Hamburger Gravy Mashed Potatoes Green Beans Fruit Juice Biscuit	10 Cheeseburger Baked Beans Broccoli Salad Apple Crisp Bun	11 Sweet & Sour Chicken Summer Vegetables Peas & Carrots Apple Brown Rice Cookie
14 Taco Salad Refried Beans Mandarin Oranges Tortilla Chips Rice Krispie Treat	15 Chicken Parmesan Italian Blend Warm Peaches Breadstick	16 Turkey Rueben Broccoli Soup Pickled Beets Apricots Bread	17 Chicken Alfredo Spinach Salad French Green Beans Blueberry Crisp Breadstick	18 Meatloaf Au Gratin Potatoes Succotash Grape Juice Bread
21 Spaghetti w/ Meatballs California Vegetables Tossed Salad w/ Tomatoes Warm Apples Breadstick	22 Chicken Sandwich Sweet Potato Fries Brussel Sprouts Banana Bun	23 Honey Mustard Chicken Harvest Vegetables Beets Strawberries Rice Bread	24 Ham & Cheese Sandwich Baked Chips Veggie Sticks Fruit Cup Bun	25  Choice Day Baked Steak w/ Gravy Mashed Potatoes Spring Vegetables Watermelon Bread <i>Or</i> Chef Salad
28 Meatball Sub Baby Bakers Green Beans Peach Bun	29 Shredded BBQ Pork Baked Potato Broccoli w/ Cheese Fruit Jello Bun	30 Chicken Salad Tomato Slices Potato Salad Fruit Cup Fruit Muffin Crackers		

****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**