

October 2026

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Chicken Patty Sweet Potato Fries Autumn Vegetables Grape Juice Bun	2	Chili w/ Beans Baked Potato Warm Peaches Cornbread
5	Salisbury Steak Mashed Potatoes Brussel Sprouts Pears Bread Cookie	6	Chicken Alfredo Tossed Salad w/ Tomato Green Beans Applesauce Breadstick	7	Sloppy Joe Tater Tots California Vegetables Apricots Bun	8	Stuffed Peppers w/ Marinara Scalloped Potatoes Spinach Fruit Juice Breadsticks	9	Choice Day  <u>Or</u> Chef Salad Pimento Cheese Sandwich Tomato Soup Cole Slaw Grapes Bun
12	Pulled Pork Potato Wedges Italian Vegetables Mandarin Oranges Bun	13	Breakfast Sandwich (Sausage, Egg & Cheese) Hashbrowns Tomato Juice Fresh Fruit English Muffin	14	Hamburger Gravy Whipped Potatoes Capri Vegetables Jello w/ Fruit Cocktail Biscuit	15	Cheeseburger Baked Beans Harvest Vegetables Pears Bun	16	Baked Steak w/ Gravy Mashed Potatoes Broccoli w/ Cheese Pineapple Roll
19	Swedish Meatballs Succotash Carrots Tropical Fruit Roll	20	Chicken Leg Hashbrown Casserole Broccoli Apple Juice Bread & Pudding	21	Popcorn Chicken Mashed Potatoes Corn Applesauce Biscuit	22	Ham & Bean Soup Brussel Sprouts Beets Cherry Crisp Cornbread	23	Choice Day  <u>Or</u> Chef Salad Smoked Sausage Mashed Potatoes Sauerkraut Peaches Bread
26	Chicken Parmesan Italian Vegetables Cucumber Salad Peach Crisp Breadstick	27	Swiss Steak Mashed Potatoes Green Beans Fruit Juice Bread	28	Mac & Cheese California Vegetables Stewed Tomatoes Orange & Pineapple Fluff Salad	29	Pork Chops w/ Gravy Augratin Potatoes Peas Banana Roll	30	 Spooky Sheperd's Pie Goulish Garden Salad Scary Fruit Parfait Halloween Cookie Monster 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**