November 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ravioli Tossed Salad w/ Tomato Corn Apple Crisp Breadstick	3 Chili w/ Beans Baked Potato Warm Peaches Cornbread	4 Ham & Cheese Broccoli Soup Pea Salad Pineapple Crackers Bun	5 Meatloaf Baby Bakers Carrots Pears Bread Brownie	6 Chicken Patty Sweet Potato Fries Autumn Vegetables Grape Juice Bun
9 Salisbury Steak Mashed Potatoes Brussel Sprouts Pears Bread Cookie	10 Chicken Alfredo Tossed Salad w/ Tomato Green Beans Applesauce Breadstick	11 Sloppy Joe Tater Tots California Vegetables Apricots Bun	12 Stuffed Peppers w/ Marinara Scalloped Potatoes Spinach Fruit Juice Breadsticks	13 Pimento Cheese Sandwich Tomato Soup Cole Slaw Grapes Bun *Or* Chef Salad Choice Day
16 Pulled Pork Potato Wedges Italian Vegetables Mandarin Oranges Bun	17 Breakfast Sandwich (Sausage, Egg & Cheese) Hashbrowns Tomato Juice Fresh Fruit English Muffin	18 Hamburger Gravy Whipped Potatoes Capri Vegetables Jello w/ Fruit Cocktail Biscuit	19 Cheeseburger Baked Beans Harvest Vegetables Pears Bun	20 Baked Steak w/ Gravy Mashed Potatoes Broccoli w/ Cheese Pineapple Roll
23 Swedish Meatballs Succotash Carrots Tropical Fruit Roll	24 Turkey w/ Gravy Whipped Potatoes Carrots Grape Juice Roll Pumpkin Pie	25 Popcorn Chicken Mashed Potatoes Corn Applesauce Biscuit	26 *Closed Holiday*	27 *Closed Holiday*
30 Chicken Parmesan Italian Vegetables Cucumber Salad Peach Crisp Breadstick				

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. Thank you. **SUGGESTED DONATION $4.00 PER MEAL FOR TITLE III CLIENTS**