


September 2024

WASHINGTON-MORGAN COMMUNITY ACTION
 SENIOR NUTRITION PROGRAM MENU Morgan County
 Congregate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Closed Holiday</u>	3 Cheeseburger French Fries Corn Applesauce Bun	4 Pork w/ Gravy Mashed Potatoes Mixed Vegetables Tropical Fruit Bread	5 Meatball Sub w/ Mozzarella Potato Wedges Italian Vegetables Peaches Bun	6 Chicken Noodles Lima Beans Carrots Fruit Juice Bread
9 Cube Steak w/ Gravy Carrots Mashed Potatoes Fruit Juice Bread	10 Pork Chops Scalloped Potatoes Brussel Sprouts Mandarin Oranges Bread	11 Taco Casserole Refried Beans Cauliflower Pineapple Cornbread	12 Parmesan Chicken Cauliflower Peas & Carrots Diced Pears Bread	13 Cheeseburger Baked Beans French Fries Peaches Bun
16 Pork Chop Mashed Potatoes Sauerkraut Fruit Parfait Bread	17 Sloppy Joe French Fries Broccoli w/ Cheese Applesauce Bun	18 Lemon Pepper Chicken Au Gratin Potatoes California Vegetables Pears Bread	19 Chicken Strips Sliced Potatoes Green Beans Strawberries Bread	20 Hotdog w/ Cheese Hashbrowns Fruit Cocktail Mandarin Oranges Bun
23 Baked Chicken Patty Sweet Potatoes Broccoli Peaches Bun	24 Spaghetti w/ Meat Sauce Lima Beans Green Beans Pineapple Bread	25 BBQ Chicken Baked Potato Carrots Applesauce Bread	26 Baked Steak Mashed Potatoes Cauliflower Banana Bread	27 Lemon Pepper Chicken Whole Potatoes Harvard Beets Pears Bread  <u>Choice Day</u> <u>Or</u> Choice of Chef Salad
30 Meatloaf Scalloped Potatoes Corn Fruit Cocktail Bread				

Menu subject to change due to availability

Call by 8:00am for daily reservations or call our
 24 hour reservation line: 740-962-6696.
 All meals served with 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