



March 2024

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Macaroni & Cheese Stewed Tomatoes Peas & Carrots Pineapple Chunks Bread
4	Spaghetti w/ Meat Sauce Green Beans Broccoli Apples Bread	5	Ham & Bean Soup Cole Slaw Three Bean Salad Fruit Salad Cornbread	6	Chicken Patty Augratin Potatoes Capri Vegetables Pears Bun	7	Sausage Patty w/ Cheese Hashbrowns Peaches Pineapple Bun	8	Baked Steak Mashed Potatoes Winter Blend Mandarin Oranges Bread
11	Grilled Chicken Broccoli Soup Mixed Green Salad Peaches Crackers	12	Sliced Ham Carrots Oven Browned Potatoes Pears Bread	13	Chicken Fajita Bake Refried Beans Corn Jello w/Fruit Bread	14	Baked Steak Mashed Potatoes Green Beans Mandarin Oranges Bread	15	Lemon Pepper Chicken Scalloped Potatoes Italian Vegetables Banana Bread
18	Turkey w/ Gravy Whipped Potatoes Lima Beans Fruit Cocktail Bread Graham Crackers	19	Hamburger Gravy Mashed Potatoes Carrots Pineapple Biscuit	20	Sweet & Sour Chicken Au Gratin Potatoes Mixed Vegetables Fruit Cocktail Brown Rice Bread	21	Johnny Marzetti Broccoli Corn Applesauce Bread	22	Smoked Sausage Whipped Potatoes Sauerkraut Mandarin Oranges Bread
								<div>Choice Day</div> 	Or Choice of Chef Salad
25	Pork w/ Gravy Mashed Potatoes Capri Vegetables Applesauce Bread	26	Sliced Turkey Whipped Potatoes Carrots Fruit Cocktail Bread	27	Beef Chili w/ Beans Potato Salad Winter Vegetables Pears Brown Rice Crackers	28	Cheeseburger Baked Beans Corn Pineapple Bun	29	Meatloaf Fried Potatoes Corn Tropical Fruit 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