




January 2020

WASHINGTON-MORGAN COMMUNITY ACTION SENIOR NUTRITION PROGRAM MENU-Washington County HDM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 HOLIDAY-CLOSED 		2 Roast Pork w/gravy Mashed Potatoes Italian Blend Veggies Applesauce Dinner Roll		3 Herb Baked Chicken Breast Roasted Red Potatoes Brussel Sprouts Fruit Parfait Bread	
6 Maple Dijon Chicken Breast Scalloped Potatoes Peas Mandarin Oranges Bread Cookie		7 Cheeseburger w/ Tomato, Lettuce, Onion & Pickle Baked Beans Apple Crisp Fruit Juice Bun		8 Beef Chili w/ Beans Baby Bakers Broccoli Florets w/ Cheese Sauce Pear Halves Saltine Crackers Corn Muffin		9 Ham & Noodle Casserole Whipped Potatoes Italian Blend Veggies 100% Fruit Juice Bread		10 Hamburger Gravy Mashed Potatoes Baby Carrots Sliced Peaches Biscuit	
13 Soup Beans & Ham Cole Slaw Carrot Raisin Salad Fruit Salad Corn Bread Muffin		14 Creamy Chicken Penne Pasta Corn Green Bean Salad 100% Fruit Juice Italian Bread		15 Baked Steak w/ Gravy Mashed Potatoes Winter Blend Veggies Apricots Bread Brownie		16 Chicken Patty Au gratin Potatoes Capri Blend Veggies Fruit of Chef's Choice Bun		17 Cheese Ravioli w/ Marinara Sauce Tossed Salad w/ Tomatoes & Cabbage Peas Warm Baked Apples Breadstick	
20 Egg Salad Veggie Soup Cottage Cheese Pear Chunks Saltine Crackers Bun		21 Teriyaki Chicken Breast California Blend Veggies 100% Apple Juice Mandarin Oranges Rice Bread		22 Smoked Sausage Whipped Potatoes Sauerkraut Apricots Bread Brownie		23 Rigatoni w/ Meat Sauce Spinach Salad Lima Beans Warm Cinnamon Applesauce Breadstick		24 Roast Beef w/ Gravy Whipped Potatoes Orange Glazed Carrots Fruit Cocktail Bread Cookie	
27 Sausage Gravy Boiled Egg Orange Juice Hash Browns Biscuit		28 Macaroni & Cheese Stewed Tomatoes Oven Roasted Sesame Broccoli Pineapple Chunks Bread		29 Sloppy Joes Tater Tots Green Beans Banana Bun		30 Swiss Steak w/ Gravy Mashed Potatoes Steamed Broccoli Tropical Fruit Dinner Roll		31 Chicken Pot Pie Veggies Tossed Salad w/ Tomatoes & Cabbage Orange Pineapple Fluff Salad Dinner Roll	

Subject to change due to availability

Call by 8:00 am, or the day before, to cancel for the day by calling our 24 hour reservation line: 740-373-3455

All menus served with milk and bread

Don't forget to remind your driver if you are a diabetic

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 \$3.00 PER MEAL FOR CONGREGATE, TITLE III CLIENTS