

COMMUNITY RENEWAL TEAM SEPTEMBER 2023 CONGREGATE MENU 8/8/23

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	<a href="#">Celebrate Labor Day</a> OJ/ All-Beef Hot Dog Bun Ketchup, Must, Relish Baked Beans Coleslaw Cookie
4	CRT Closed In Observance of Labor Day	5	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	6	Chicken Parmesan Pasta w/ Red Sauce Yellow Squash Bread Stick Fresh Fruit	7	Grape Juice /Cold Bked Ham & Amer Cheese Sand on Soft Roll w/ Shredd Lett & Tom/ Potato Salad/ Must, Mayo / Yogurt Cup	8	Beef Stroganoff Rice Vegetable Medley Wholegrain White Brd Fresh Fruit
11	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomato Potato Wedges w/ Ketchup Fresh Fruit	12	Boneless Chicken Marsala Pesto Pasta Italian Style Vegetables Dinner Roll Fresh Fruit	13	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Fresh Fruit	14	<a href="#">Butterscotch Puddin' Day</a> OJ/Rst Turkey ( Not Deli ) w/ Gravy / Cranberry Sce Mashed Potatoes Mixed Veggies / Wheat Brd Butterscotch Pudding w/ Topping	15	Cheesy Veggie Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
18	<a href="#">National Fortune Cookie Day</a> 100 % Fruit Punch Juice Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fortune Cookie	19	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	20	Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cuc / Ranch Dressing / Bread Stick Fresh Fruit Lemon Pudding w/ Topping	21	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wheat Brd Fresh Fruit	22	Clam Chowder Crab Cake / Tartar Sce Coleslaw Potato Wedges / Ketch Saltine Crackers Yogurt
25	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese California Blend Vegetables Bread Stick Fresh Fruit	26	Breaded Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Fresh Fruit	27	Boneless Pork Chop w/ Mango Sce Plantains California Blend Veggies Cornbread Fresh Fruit	28	Potato Crumb Fish w/ Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit	29	100 % Fruit Punch Juice Macaroni & Cheese Stewed Tomatoes Wholegrain White Brd Cake

\*\* NUTRITION TIP : No bones about it, all dairy products, almonds, kale, Swiss Chard and broccoli supply necessary calcium to prevent the risk of fractures. \*\*

\*Menu items are subject to change.\*

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.