

Community Renewal Team December 2023 Congregate Menu 11/7/23 * Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<p>Cheers to your healthy holidays ! Manage holiday eating by being mindful of your portion sizes ; focus on friends & family-not just the food ; leave the table when you are done to avoid eating when not hungry !</p>							1	<p>CRT Proudly Celebrates Congregate & Meals-On-Wheels Volunteer Appreciation Day ! - No CRT Meal Service Today-</p>
4	<p>Orange Juice All-Beef Hot Dog / Bun Ketchup/ Must / Relish Baked Beans Coleslaw Fruited Yogurt Cup</p>	5	<p>Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Wheat Dinner Roll Fresh Fruit</p>	6	<p>Cracker Crumb Cod Tartar Sauce Mashed Potatoes Parslied Carrots 100 % Wh Wheat Brd Fresh Fruit</p>	7	<p>Grape Juice Grilled Chicken & Cheddar Hero (Grilled Chicken Breast / Cheddar Cheese / Green Leaf Lettuce / Tomato/ Honey Must on Hero) / Macaroni Salad / Jello Cup</p>	8	<p>Roasted Pork Loin w/ Mango Sauce Rice Pilaf California Blend Veggies Wheat Bread Fresh Fruit</p>
11	<p>100 % Fruit Punch Juice Veggie Quiche Lyonnaise Potatoes Vegetable Medley Garlic Knot Lemon Pudding w/ Topping</p>	12	<p>Chef Salad (Grilled Chicken Brst /Lettuce/ Grape Toms/ Ham/ Swiss Cheese / Hard Boiled Egg / Carrots/ Ranch Dr) / Bread Stk / Fresh Fruit</p>	13	<p><u>CRT Holiday Season Meal</u> Grape Juice Broccoli 'n Cheese Stuffed Chicken Breast / Holiday Mashed Sweet Potatoes Green Beans Wheat Dinner Roll / Ice Cream Cup</p>	14	<p>Stuffed Pepper w/ Sauce Rice Prince Edward Vegetables 100 % Whole Wh Bread Fresh Fruit</p>	15	<p>Crab Cake w/ Tartar Sauce Tater Tots / Ketchup California Blend Vegetables Wheat Bread Fresh Fruit</p>
18	<p>Italian Sausage w/ Peppers on a Hoagie Roll Capri Blend Vegetables Potato Wedges Ketchup Fresh Fruit</p>	19	<p>Orange Juice Chicken Marsala Mashed Potatoes Broccoli Normandy Wheat Bread Cookie</p>	20	<p>Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots Prince Edward Veggies Dinner Roll Fresh Fruit</p>	21	<p><u>Sugar and Spice Day</u> 100 % Fruit Punch Juice Swedish Meatballs / Garlic Smashed Potatoes /Peas & Diced Carrots / 100 % Wh Br Frosted Carrot Cake</p>	22	<p>CRT Closed In Observance of the Holiday Season's Greetings !!</p>
25	<p>CRT Closed In Observance of the Holiday Happy Holidays !!</p>	26	<p>Veg Soup / Ham & Cheddar / Lettuce / Tom / Horseradish Mustd/ Mayo / on Wheat Wrap / Saltines / Rice Pudding w Topping</p>	27	<p>Cheesy Vegetable Lasagna w/ Alfredo Sauce Italian Vegetable Blend Bread Stick Fresh Fruit</p>	28	<p>Oven Baked Chicken Macaroni & Cheese Stewed Tomatoes Cornbread Fresh Fruit</p>	29	<p><u>National Gingerbread Day</u> 100 % Fruit Punch Juice Glazed Baked Ham / Mustard Cut-Up Sweet Potatoes / Vegetable Medley / Dinner Roll / Gingerbread</p>

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.