

COMMUNITY RENEWAL TEAM **APRIL** 2024 CONGREGATE MENU Menu is subject to change 3/6/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<u>CRT Meal Day</u> All-Beef Hot Dog / Hot Dog Bun / Must / Relish/ Ketchup/ Baked Beans / Potato Salad / Yogurt Cup	2	<u>CRT Meal Day</u> Potato Crumb Fish / Tartar Sce Potato Wedges / Ketchup / Mixed Vegetables / 100 % Whole Wheat Bread Fresh Fruit	3	Grape Juice Italian Sausage w/ Marinara Sce & Red & Green Peppers on Hoagie Roll / Potato Puffs Ketchup / Chuckwagon Veggies Wholegrain Fruit Bar	4	<u>CRT Meal Day</u> <u>Nat'l Make Lunch Count Day</u> Orange Juice Chicken Scampi Garlic Smashed Potatoes French Cut Gr Beans / Dinner Roll Brownie	5	Roast Beef w/ Gravy Mashed Potatoes / California Blend Veggies 100 % Whole Wh Bread Fresh Fruit
8	<u>CRT Meal Day</u> Stuff Cabbage w/ Tom Sauce Whole Baby Potatoes Vegetable Medley Garlic Knot Fresh Fruit	9	<u>CRT Meal Day</u> Orange Juice Asian-Style Chicken Fried Rice Asian Blend Veggies Wheat Dinner Roll Cinnamon Roll	10	<u>Juniper Meal Day</u> <u>Stay Tuned – Meal TBD</u>	11	<u>CRT Meal Day</u> Baked Fish w/ Tartar Sce Rice Broccoli Normandy Wheat Bread Fresh Fruit	12	<u>Juniper Meal Day</u> <u>Stay Tuned – Meal TBD</u>
15	<u>CRT Meal Day</u> Orange Juice Cheesy Veg Lasagna w/ Vodka Sce / Squash Medley / Dinner Roll Wholegrain Fruit Bar	16	<u>CRT Meal Day</u> (Mild) Beef & Bean Chili Shred Cheese / Sour Cr Baked Potato Capri Blend Veggies Cornbread Loaf Yogurt Cup	17	<u>Juniper Meal Day</u> <u>Stay Tuned – Meal TBD</u>	18	<u>CRT Meal Day</u> Salisbury Steak w/ Gravy Mashed Potatoes Five Way Veg Bl Wheat Bread Fresh Fruit	19	<u>Juniper Meal Day</u> <u>Stay Tuned – Meal TBD</u>
22	<u>CRT Meal Day</u> Swedish Meatballs w/ White Sauce Mashed Potatoes Prince Wm Blend Veggies 100 % Wh Wheat Brd Fresh Fruit	23	<u>CRT Meal Day</u> Seafarer's Crabcake w/ Tartar Sce /Wheat Hamburger Bun / Sweet Potato Wedges Ketchup/ Coleslaw Fresh Fruit	24	<u>Juniper Meal Day</u> <u>Stay Tuned – Meal TBD</u>	25	<u>CRT Meal Day</u> Vegetable Soup Grilled Chicken Breast w/ Lettuce / Grape Toms / Ham/ Swiss Cheese / Carrots / Hard Cooked Egg/ Ranch Dr / Saltines/ Cookie	26	<u>Juniper M Stay Tuned – Meal TBD Day</u>
29	<u>CRT Meal Day</u> BBQ Pulled Pork on Multigrain Bun Tater Tots / Ketchup Green & Yellow Wax Beans Fresh Fruit	30	<u>CRT Meal Day</u> 100 % Fruit Punch Jce Stuff Pepper w/ Ital Sce Confetti Rice Italian Mix Veggies Bread Stick Pudding		Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of		any food allergies prior to your meal consumption !	Try and make half of your grains " whole " as they have more nutrients and fiber than refined white grains. Look for labels that say " 100 % whole wheat " or " 100 % whole grain " !	

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. Menu is subject to change.