

October 2024

CRT Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise staff of food allergies prior to your meal ! | 1 100 % Fruit Punch Juice Chicken Marsala w/ Mushrooms Garlic Pasta Broccoli 100 % Wh Wheat Brd Wholegrain Fruit Bar | 2 Shepherd's Pie w/ Mashed Potatoes w/ Peas & Carrots Wheat Dinner Roll Fresh Fruit | 3 Peach-Glazed Pork Chop Roasted Potato Chuckwagon Veg Blend Cornbread Loaf Fresh Fruit | 4 Meatloaf w/ Veg Gravy Mashed Potatoes Whole Baby Carrots 100 % Whole Wheat Brd Fresh Fruit |
| 7 Beef Meatballs w/ Marinara Sce Parslied Fettuccine Noodles California Vegetables Wheat Bread Fresh Fruit | 8 Potato Crumb Fish Tartar Sauce Potato Wedges /Ketchup Spinach Wheat Bread Fresh Fruit | 9 Salisbury Steak w/ Onion Gravy Yellow Rice w/ Beans Capri Veggies 100 % Whole Wh Brd Fresh Fruit | 10 Chicken Caesar Salad : Grilled Chicken Breast / Shaved Parmesan Cheese / Seasoned Croutons / Caesar Dressing / Roma Blend / Dinner Roll Fresh Fruit | 11 National Pork Day 100 % Fruit Punch Juice / Pork Piccata / Rice Pilaf / Italian Veg Blend / Wheat Bread / Pudding w/ Topping |
| 14 CRT Closed for Indigenous Peoples' Day | 15 Grape Juice Roasted Turkey & Swiss Cheese Sandwich w/ Green Leaf Lettuce / Honey Mustard / Multigr Hero / Potato Salad / Yogurt Cup | 16 Cheese Tortellini Italian Salad w/ Salami / Tomatoes & Basil & Mixed Vegetables Wheat Dinner Roll Fresh Fruit | 17 Brown Sugar Glazed Ham Yams Brussel Sprouts 100 % Whole Wheat Bread Fresh Fruit | 18 Seafarer's Seafood Salad Coleslaw Potato Wedges / Ketchup Club Roll Fresh Fruit |
| 21 Baked Ziti w/ Ground Beef / Tomato Cream Sce Gr & Yellow Wax Beans Garlic Knot Fresh Fruit | 22 Apple Appreciation Day Apple Juice / Boneless Chicken Breast w/ Gravy / Sweet Potatoes / Monaco Blend Veggies/ Wheat Brd/ Cookie | 23 Swedish Meatballs w/ Brown Gravy Confetti Rice Beets 100 % Whole Wheat Brd Fresh Fruit | 24 Beef Hot Dog / Hot Dog Bun Ketchup, Mustard, Relish Baked Beans Carrot Raisin Salad Fresh Fruit | 25 Chicken Scampi w/ Seasoned Pasta Steamed Broccoli Florets Wheat Dinner Roll Fresh Fruit |
| 28 Orange Juice Maple-Glazed Kielbasa w/ Carmelized Onions Parslied Boiled Potatoes Wheat Bread Wholegrain Fruit Bar | 29 Cheesy Veg Lasagna a la Vodka Vegetable Medley Bread Stick Fresh Fruit | 30 Oven-Fried Chicken Macaroni & Cheese Buttered Corn Dinner Roll Yogurt Cup | 31 Celebrate Ghosts 'n Goblins 100 % Fruit Punch Juice Roast Beef w/ Gravy Garlic Smashed Pots / Peas & Carrots / 100 % Whole Wheat Bread / Holiday Sweet (Boo !) | What makes a food high or low in fiber ? Foods that contain 5 grams fiber or more are high fiber foods & foods w/ 2 grams or less are low fiber foods. A fresh apple w/ peel has 4.4 grams fiber ! |

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.

You must place your order with the CRT Kitchen Manager by 12:00 PM on the day prior to when you want to dine: 860-285-1843.

If you need to cancel a meal, please cancel with as much notice as possible. Please observe the posted signs about the cancellation policies.