

COMMUNITY RENEWAL TEAM OCTOBER 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Apple Juice Vegetable Lasagna w/ Tomato Cream Sauce Mixed Vegetables Garlic Knot Whole Grain Fruit Bar	4	Steak Fajitas W/ all the Fixings	5	Roast Beef w/ Veg Gravy Garlic Smashed Potatoes Parslied Carrots 12-Grain Bread Fresh Fruit	6	Hot Dog Beans	7	Spinach Tomato Quiche Seasoned Diced Pots Asparagus Dinner Roll Fresh Fruit
10	CRT Closed In Observance of Indigenous Peoples' Holiday	11	Tomato Soup Grilled Cheese Sandwich	12	Stuffed Cabbage w/ Tomato Sauce Rice Pilaf Capri Blend Vegetables Wheat Bread Fresh Fruit	13	Penne A La Vodka W/ Salad	14	Pot Stickers w/ Duck Sce Vegetable Fried Rice Asian Style Vegetables Dinner Roll Fresh Fruit
17	Meatloaf w/ Gravy Farfalle Noodles Brussel Sprouts Oatnut Bread Fresh Fruit	18	Chicken Parm Caprese Salad Garlic Bread	19	<u>Hot Soup &amp; Salad Day</u> Corn Chowder Chef Salad w/ Romaine Lett ; Hard Boiled Egg ; Julienned Turkey & Cheese / Cherry Toms / Cucs /Dressing / Saltines / Wh Grain Fruit Bar	20	Cheeseburger Coleslaw	21	Stuffed Green Pepper w/ Tomato Sauce White Rice Squash Medley Oatnut Bread Fresh Fruit
24	BBQ Pulled Pork Sweet Pot Wedges / Ketchup Seasoned Spinach Cornbread Loaf Fresh Fruit	25	Mac & Cheese Broccoli	26	Veggie Omelet w/ Cheese Sce Lyonnaise Potatoes Vegetable Medley Wheat Dinner Roll Fresh Fruit	27	Lasagna Salad Garlic Bread	28	Fruit Punch Juice Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Jello Cup
31	<u>Halloween</u> Grape Juice Sticky Honey Garlic Meatballs Long Grain Rice Vegetable Medley 100 % Wh Wheat Bread " Trick or Treat " Sweets								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older.  
SUGGESTED DONATION: \$3.00.