

COMMUNITY RENEWAL TEAM **November** 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Breakfast For Lunch Eggs Bacon French Toast	2	Orange Juice Hearty Beef Stew w/Boiled Potatoes and Carrots Dinner Roll Jello Cup	3	Veggie Stir Fry Rice Bread	4	Chili Cheese Dogs Shredded Cheese Baked Beans Green Beans Hot dog Bun Fresh Fruit
7	Sloppy Joes Crinkle Fries w/Ketchup Seasoned Cauliflower Hamburger Bun Fresh Fruit	8	Grilled Chicken Caesar Salad & Soup	9	<u>National Cupcake Day</u> Fruit Punch Juice Grilled Ham Steak Scrambled Eggs Home Fries w/Ketchup Asparagus Wheat Bread Assorted Cupcakes	10	Meatballs W/Sauce Salad Garlic Bread	11	<b>CRT CLOSED FOR HOLIDAY</b>
14	Apple Juice Stuffed Cabbage White Rice Yellow Squash Rye Bread Pudding Cup	15	Soup & Sandwich	16	BBQ Beef Brisket Mac N Cheese Chuck Wagon Blend Whole Grain White Bread Fresh Fruit	17	Chicken Fajitas W/ all the Fixings	18	Orange Marmalade Pork Seasoned Orzo Brussel Sprouts Italian Bread Fresh Fruit
21	Stuffed Shells Ala vodka Sauce Seasoned Spinach Garlic Knots Fresh Fruit	22	Roast Turkey Stuffing/Gravy Corn Dinner Roll	23	Salmon Cakes w/ Tartar sauce Rosemary Garlic Potato wedges Maple Brown Acorn Squash Rye Bread Fresh Fruit	24	<b>CRT CLOSED FOR HOLIDAY</b>	25	<b>CRT CLOSED FOR HOLIDAY</b>
28	Grape Juice Pierogies w/ Onion/ Pepper Kielbasa w/ Mustard Capri Blend Whole Grain White Bread Jello Cup	29	Cheeseburger W/ all the fixings Coleslaw	30	Salisbury Steak Onion & Mushroom Gravy Sweet Mashed potatoes Buttery Corn Dinner Roll Fresh Fruit				

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older.  
SUGGESTED DONATION: \$4.00 or what you can afford.