

COMMUNITY RENEWAL TEAM **JANUARY** 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CRT Closed for New Year's Day	3	Hot Dog W/fixings Beans	4	National Soup Day New England Clam Chowder Oyster Crackers Potato Crumb Fish /Tartar Sc Rice Pilaf Green & Yellow Squash Fruited Yogurt	5	Taco's W/all the fixings	6	Orange Juice Barbequed Pulled Pork Sweet Potato Wedges Seasoned Spinach Cornbread Loaf Frosted Cake
9	Grape Juice Beef Hot Dog on Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Coleslaw Fresh Fruit	10	Chicken Parm Caprese Salad Garlic Bread	11	Italian Sausage Baked Ziti / Parmesan Cheese Broccoli Florets Garlic Knot Fresh Fruit	12	Tomato Soup Grilled Cheese Sandwich	13	Meatloaf w/ Mushroom & Onion Gravy Mashed Potatoes Seasoned Corn Wheat Dinner Roll Fresh Fruit
16	CRT Closed In Observance of Holiday	17	Pot Roast W/ Gravy Mashed Potatoes Corn	18	Grilled Kielbasa Potato Pancake Capri Blend Vegetables 100 % Whole Wheat Bread Fresh Fruit	19	Pot Pie Bread	20	Stuffed Pepper w/ Tom Sce Farfalle Noodles Prince Wm Blend Veggies Oatnut Bread Fresh Fruit
23	Grape Juice Italian Meatballs w/ Sce Bowties Green Beans Garlic Knot Wholegrain Fruit Bar	24	Stuffed Scallops W/Linguini Garlic Bread	25	Roast Turkey w/Gravy Stuffing Cranberry Sauce Mixed Vegetables Rye Bread Fresh Fruit	26	Beef Stew Salad Bread	27	National Chocolate Cake Day 100 % Fruit Punch Juice Pot Roast w/ Gravy Garlic Smashed Potatoes Vegetable Medley Wheat Bread Chocolate Cake
30	Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Fresh Fruit	31	Mac & Cheese W/ Steamed Broccoli						

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.