

APRIL 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Grape Juice Vegetarian Lasagna Vegetable Medley Wheat Bread Fresh Fruit	4	Philly Cheese Steak Wrap pepper, onions, cheddar cheese	5	<u>CRT Spring Holiday Meal</u> Orange Juice Glazed Holiday Baked Ham Cut-Up Sweet Potatoes Green Beans Cornbread Loaf Apple Crisp	6	Baked Potato W/ Chili Cheese Sour Cream	7	CRT Closed In Observance of Holiday
10	100 % Fruit Punch Juice Vegetable Omelet w/ Cheese Sauce Lyonnaise Potatoes Summer Squash 12 Grain Bread Fruited Yogurt Cup	11	Cheeseburger W/ all the fixings Potato Salad	12	Smothered Grilled Chicken Breast Parslied Egg Noodles Spinach Oatnut Bread Fresh Fruit	13	Steak Fajita's W/ all the fixings	14	Crab Cake w/ Tartar Sauce Potato Wedges/ Ketchup Capri Blend Vegetables Oatnut Bread Fresh Fruit
17	Stuffed Pepper w/ Tomato Sauce Pasta w/ Sauce Seasoned Cauliflower Wheat Bread Fresh Fruit	18	B.L.T. Sandwich W/ Macaroni Salad	19	Oven Baked Chicken Garlic Mashed Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit	20	Mac & Cheese Steamed Broccoli	21	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend 100 % Whole Wheat Bread Fresh Fruit
24	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Smoked Baked Beans 4-Way Vegetable Blend Fresh Fruit	25	Chicken Bacon Ranch Wrap lettuce, tomato, cheddar cheese, ranch dressing	26	Potato Crumb Fish w/ Tartar Sauce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	27	Pasta W/ Meat sauce Salad Bread	28	<u>Celebrate Coffee Cake Day</u> 100 % Fruit Punch Juice Roasted Turkey Breast w/ Gravy Cranberry Sauce Cornbread Stuffing Mixed Vegetables Wheat Dinner Roll Coffee Cake

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older.

SUGGESTED DONATION: \$4.00

The CRT menu is subject to change due to possible unavailability of product ! Thank-you very much for your understanding !

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