

6/13/23

COMMUNITY RENEWAL TEAM JULY 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<u>Nat'l Beans'n'Franks Day</u> Orange Juice All-Beef Hot Dog / Bun Ketchup, Must, Relish Baked Beans Coleslaw Wholegrain Fruit Bar	4	CLOSED!! Happy 4 th of July	5	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Bread Fresh Fruit	6	Chicken Parmesan Salad Garlic Bread	7	Grape Juice Potato Crumb Fish with Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Chocolate Pudding
10	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	11	Mac & Cheese W/ steamed Broccoli	12	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	13	B.L.T. Coleslaw	14	Cheesy Veggie Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
17	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit / Yogurt Cup	18	Turkey Sandwich Coleslaw	19	Clam Chowder Crab Cake / Tartar Sauce Coleslaw Potato Puffs Saltine Crackers Fresh Fruit	20	Taco's W/ all the fixings	21	<u>Pick Blueberries Day !</u> 100 % Fruit Juice Punch Roast Beef w/ Gravy Mashed Potatoes Peas & Diced Carrots Garlic Knot Blueberry Danish
24	100% Fruit Juice Punch Grande Cheese Raviolis with Marinara Sauce / California Blend Veggies Garlic Knot Vanilla Pudding	25	Beef Tips W/ potato salad	26	Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cucu Ranch Dressing / Bread Stick Fresh Fruit Cookie	27	Hot Dog Beans	28	Beef Meatballs w/ Gravy Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wh Bread Fresh Fruit
31	Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Garlic Knot Fresh Fruit								

Elderly Nutrition Program meals are served Monday thru Friday @ 12:00pm. to persons 60 years of age or older
 SUGGESTED DONATION: \$4.00

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