

COMMUNITY RENEWAL TEAM **SEPTEMBER 2023** CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Celebrate Labor Day OJ/ All-Beef Hot Dog Bun Ketchup, Must, Relish Baked Beans Coleslaw Cookie
4	CRT Closed In Observance of Labor Day	5	Meatloaf w/ Gravy Mashed Potatoes Corn	6	Chicken Parmesan Pasta w/ Red Sauce Yellow Squash Bread Stick Fresh Fruit	7	Ham & Cheddar Cheese Sandwich w/ Shredd Lett & Tom/ Potato Chips	8	Beef Stroganoff Rice Vegetable Medley Wholegrain White Brd Fresh Fruit
11	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomato Potato Wedges w/ Ketchup Fresh Fruit	12	Mac & Cheese W/ Steamed Broccoli	13	Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Fresh Fruit	14	Roasted Turkey w/ Gravy Mashed Potatoes Corn	15	Cheesy Veggie Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
18	National Fortune Cookie Day 100 % Fruit Punch Juice Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fortune Cookie	19	Beef Meatballs Garlic Mashed Potatoes Mixed Veggies	20	Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cucs / Ranch Dressing / Bread Stick Fresh Fruit Lemon Pudding w/ Topping	21	BBQ Pulled Pork Baked Beans Green Beans	22	Clam Chowder Crab Cake / Tartar Sce Coleslaw Potato Wedges / Ketch Saltine Crackers Yogurt
25	National S.C. Month Celebration COOK - OUT 😊	26	Tomato Soup Grilled Cheese Sandwich	27	Boneless Pork Chop w/ Mango Sce Plantains California Blend Veggies Cornbread Fresh Fruit	28	Breaded Chicken W/ Gravy White Rice Steamed Broccoli	29	100 % Fruit Punch Juice Macaroni & Cheese Stewed Tomatoes Wholegrain White Brd Cake

** NUTRITION TIP : No bones about it, all dairy products, almonds, kale, Swiss Chard and broccoli supply necessary calcium to prevent the risk of fractures. **

Menu items are subject to change.

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

SUGGESTED DONATION: \$4.00