

COMMUNITY RENEWAL TEAM OCTOBER 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Apple Juice Vegetable Lasagna w/ Tomato Cream Sauce Mixed Vegetables Garlic Knot Whole Grain Fruit Bar	4	BBQ Chicken Leg Potato Salad Seasoned Corn Cornbread Loaf Fresh Fruit	5	Roast Beef w/ Veg Gravy Garlic Smashed Potatoes Parslied Carrots 12-Grain Bread Fresh Fruit	6	Orange Juice Maple-Glazed Kielbasa Mustard / Home Fried Potatoes / Prince William Blend Vegetables Rye Bread Jello Cup	7	Spinach Tomato Quiche Seasoned Diced Pots Asparagus Dinner Roll Fresh Fruit
10	CRT Closed In Observance of Indigenous Peoples' Holiday	11	Fruit Punch Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Creamy Coleslaw Pudding Cup	12	Stuffed Cabbage w/ Tomato Sauce Rice Pilaf Capri Blend Vegetables Wheat Bread Fresh Fruit	13	Grape Juice Roast Turkey w/ Gravy Cut-Up Sweet Potatoes Green & Yellow Wax Beans Cranberry Sce / Wheat Roll Fruited Yogurt	14	Pot Stickers w/ Duck Sce Vegetable Fried Rice Asian Style Vegetables Dinner Roll Fresh Fruit
17	Meatloaf w/ Gravy Farfalle Noodles Brussel Sprouts Oatnut Bread Fresh Fruit	18	Baked Airline Chicken Potato Stuffin' (Potatoes, w/ Onions, Carrots, Celery) California Blend Vegetables Wheat Dinner Roll Fresh Fruit	19	<u>Hot Soup & Salad Day</u> Corn Chowder Chef Salad w/ Romaine Lett ; Hard Boiled Egg ; Julienned Turkey & Cheese / Cherry Toms / Cucs /Dressing / Saltines / Wh Grain Fruit Bar	20	Orange Juice Apple Cider Marinated Pork Cornbread Stuffing Peas & Diced Carrots 100 % Whole Wheat Brd Pudding Cup	21	Stuffed Green Pepper w/ Tomato Sauce White Rice Squash Medley Oatnut Bread Fresh Fruit
24	BBQ Pulled Pork Sweet Pot Wedges / Ketchup Seasoned Spinach Cornbread Loaf Fresh Fruit	25	<u>World Pasta Day</u> Orange Juice Spaghetti & Meatballs / Marinara Sce / Parmesan Ch Italian Mix Vegetables Italian Bread Cookie	26	Veggie Omelet w/ Cheese Sce Lyonnaise Potatoes Vegetable Medley Wheat Dinner Roll Fresh Fruit	27	Potato Crumb Fish Tartar Sauce Mashed Potatoes Chuckwagon Blend Vefs 100 % Whole Wheat Brd Fresh Fruit	28	Fruit Punch Juice Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Jello Cup
31	<u>Halloween</u> Grape Juice Sticky Honey Garlic Meatballs Long Grain Rice Vegetable Medley 100 % Wh Wheat Bread " Trick or Treat " Sweets								

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.