

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 Veggies 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.