

COMMUNITY RENEWAL TEAM **JANUARY** 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CRT Closed for New Year's Day	3 Stuffed Shells w/ Tom Cream Sauce Parmesan Cheese Italian Mix Veggies Garlic Knot Fresh Fruit	4 New England Clam Chowder Oyster Crackers Potato Crumb Fish / Tartar Sauce Rice Pilaf Green & Yellow Squash Fruited Yogurt	5 Rosemary Baked Chicken Baked Potato / Sour Cream Parslaid Carrots 12- Grain Bread Fresh Fruit	6 Orange Juice Barbequed Pulled Pork Sweet Potato Wedges Seasoned Spinach Cornbread Loaf Frosted Cake
9 Grape Juice Beef Hot Dog on Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Coleslaw Fresh Fruit	10 Orange Juice Chicken Marsala Egg Noodles 4-Way Vegetable Blend Italian Bread Jello Cup	11 Italian Sausage Baked Ziti / Parmesan Cheese Broccoli Florets Garlic Knot Fresh Fruit	12 Apple Juice Baked Pork Loin w/ Gravy Cut-Up Sweet Potatoes Brussel Sprouts Oatnut Bread Cookie	13 Meatloaf w/ Mushroom & Onion Gravy Mashed Potatoes Seasoned Corn Wheat Dinner Roll Fresh Fruit
16 CRT Closed in Observance of Holiday	17 Plain Omelet w/ Ham & Pepper Cheese Sauce Lyonnaise Potatoes Prince Edward Veggies Rye Bread Fresh Fruit	18 Grilled Kielbasa Potato Pancake Capri Blend Vegetables 100 % Whole Wheat Bread Fresh Fruit	19 National Ice Cream Day Orange Juice Teriyaki Beef Bites Vegetable Fried Rice Asian-Style Veggies 12 Grain Bread Ice Cream Cup	20 Stuffed Pepper w/ Tom Sauce Farfalle Noodles Prince Wm Blend Veggies Oatnut Bread Fresh Fruit
23 Grape Juice Italian Meatballs w/ Sauce Bowties Green Beans Garlic Knot Wholegrain Fruit Bar	24 Hearty Chicken Noodle Soup Oven Baked Chicken Quarter w/Gravy Mac N' Cheese Chuckwagon BI Veggies Saltine Crackers Fresh Fruit	25 Roast Turkey w/Gravy Stuffing Cranberry Sauce Mixed Vegetables Rye Bread Fresh Fruit	26 Baked Fish w/ Sauce Orzo Asparagus 100 % Whole Wheat Bread Fresh Fruit	27 National Chocolate Cake Day 100 % Fruit Punch Juice Pot Roast w/ Gravy Garlic Smashed Potatoes Vegetable Medley Wheat Bread Chocolate Cake
30 Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Fresh Fruit	31 Orange Juice Pot Stickers / Duck Sauce Vegetable Fried Rice Seasoned Peas Wheat Dinner Roll Frosted Cake	Please call 860-665-8778 before 11:30am the day before you wish to eat lunch or to cancel		

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.