

COMMUNITY RENEWAL TEAM FEBRUARY 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1 Grape Juice Country Fried Steak Mac N' Cheese Stewed Tomatoes Wheat Bread Frosted Cake		2 Yankee Pot Roast w/ Gravy Boiled Potatoes Carrots Rye Bread Fresh Fruit		3 <b><u>National Celebrate Pie Day</u></b> Orange Juice Chicken Pot Pie w/ Potatoes Peas 'n Carrots in Crust Roasted Brussel Sprouts 100 % Whole Wheat Brd Slice of Pie	
6	100 % Fruit Punch Jce Sweet & Sour Turkey Meatballs Garlic Smashed Potatoes Chuckwagon Blend Vegs 12 Grain Brd Jello Cup	7	Chicken Marsala Egg noodles Italian Blend Vegs Italian Bread Fruited Yogurt Cup	8 Baked Pork Loin w/ Gravy Mashed Potatoes Capri Blend Vegetables 100 % Whole Wheat Brd Fresh Fruit		9 Quiche Wedge Seasoned Diced Potatoes Vegetable Medley Rye Bread Fresh fruit		10 Grape Juice Paprika Baked Chicken Quarter Long Grain Rice Broccoli Normandy Oatnut Bread Cookie	
13	Chicken Noodle Soup Beef Hot Dog on a Bun Baked Beans Coleslaw Mustard, Relish, Ketchup Fresh Fruit	14 <b><u>Happy Valentine Day</u></b>	Orange Juice Caprese Baked Chicken Parslied Linguini Asparagus / Garlic Knot Frosted Cupcake	15 Stuffed Pepper w/ Sauce Rice California Blend Vegs 100 % Whole Wheat Bread Fresh Fruit		16 Grape Juice Brown Sugar Glazed Ham Cut-Up Sweet Potatoes Green & Yellow Wax Beans 12 Grain Bread Pudding		17 Salmon w/ Lemon Dill Sce Rice Pilaf Spinach Wheat Bread Fresh Fruit	
20	CRT Closed In Observance of Holiday	21	Meatloaf w/ Mushroom Onion Gravy Mash Potatoes Peas Wholegrain White Brd Fresh Fruit	22 Shrimp Scampi Seasoned Pasta Steamed Broccoli Garlic Knot Fruited Yogurt Cup		23 <b><u>National Celebrate Chili Day</u></b> Apple Juice Beef n Bean Chili on Baked Potato Mixed Vegs Cornbread Loaf Frosted Cake		24 Omelet w/ Cheese Sauce Lyonnaise Potatoes Calif Vegs Wheat Dinner Roll Fresh Fruit	
27	Grape Juice Rigatoni Bolognese Vegetable Medley Garlic Knot Wholegrain Fruit Bar	28	Roast Turkey w/ Gravy Cornbread Stuffing Glazed Carrots Cranberry Sauce Wheat Roll Fresh Fruit						

THE MENU IS SUBJECT TO CHANGE DUE TO POSSIBLE UNAVAILABILITY OF PRODUCT. THANK-YOU VERY MUCH FOR YOUR UNDERSTANDING !

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.