

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	<a href="#">National Celebrate Pie Day</a> 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 Veggies 12 Grain Brd Jello Cup	7	Chicken Marsala Egg noodles Italian Blend Veggies 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	<a href="#">Happy Valentine Day</a> Orange Juice Caprese Baked Chicken Parslied Linguini Asparagus / Garlic Knot Frosted Cupcake	15	Stuffed Pepper w/ Sauce Rice California Blend Veggies 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	<a href="#">National Celebrate Chili Day</a> Apple Juice Beef n Bean Chili on Baked Potato Mixed Veggies Cornbread Loaf Frosted Cake	24	Omelet w/ Cheese Sauce Lyonnaise Potatoes Calif Veggies 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.