

COMMUNITY RENEWAL TEAM MARCH 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Roast Beef w/ Gravy Mashed Potatoes Steamed Spinach 100% Whole Wheat Bread Fresh Fruit	2	Chicken Parmesan Parslied Egg Noodles Yellow Squash Garlic Knot Fresh Fruit	3	Cracker Crumb Haddock Rosemary Potatoes Baby Carrots / Tartar Sce 100 % Whole Wheat Bread Fresh Fruit
6	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	7	BBQ Pork Crinkle Cut Fries Ketchup Green Beans 100 % Whole Wheat Bread Fresh Fruit	8	<u>NATIONAL COLD CUT DAY</u> Sliced Turkey American Cheese Club Roll Shredded Lettuce & Sliced Tomato Mayo & Mustard Packets Fresh Fruit Yogurt Cup	9	Baked Ham Potato Salad Peas & Carrots Rye Bread Fresh Fruit	10	Vegetable Lasagna Zucchini Garlic Knot Fresh Fruit
13	Pork Meatballs w/ Gravy Garlic Smashed Potato Vegetable Blend 100% Whole Wheat Bread Fresh Fruit	14	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	15	Grape Juice All Beef Hot Dog / Hot dog Bun/ Ketchup, Mustard, Relish Smoked Baked Beans Mixed Vegetables Fresh Fruit	16	<u>CRT St. Patrick's Day</u> Orange Juice Corned Beef Boiled Carrots Boiled Potatoes Rye Bread Mustard Packets Green Shamrock Cookie	17	Clam Chowder Crab Cake /Tartar Sce Coleslaw/Sweet Potato Fries Ketchup Oyster Crackers Fresh Fruit
20	Boneless Chicken Marsala Pesto Pasta Italian Vegetables Garlic Knot Fresh Fruit	21	Vegetable Soup Plain Hamburger on Bun Sweet Potato Fries Shred Lettuce & Sliced Tomato Ketchup & Mayo Packets Fresh Fruit	22	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend Dinner Roll Fresh Fruit	23	Turkey Pot Pie w/ Peas & Carrots Brussels Sprouts 100 % Whole Wheat Bread Fresh Fruit	24	Ricotta Stuffed Shells Marinara Sauce California Blend Veg Dinner Roll Fresh Fruit Oatmeal Cookie
27	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit	28	Vegetable Quiche Potato Wedges / Ketchup California Vegetables Garlic Knot Fresh Fruit	29	Roasted Turkey w/ Gravy / Cranberry Sce Cornbread Stuffing Asparagus Wheat Bread Fresh Fruit	30	<u>National Lemon & Orange Day</u> Orange Juice Lemon Chicken Picatta Mashed Potatoes / Veg Medley Garlic Knot Lemon Pudding w/ Whip Topping	31	Shrimp w/ Lo Mein Noodles Steamed Cauliflower Dinner Roll Mandarin Orange Cups

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.

The menu is subject to change due to possible unavailability of product. Thank-you very much for your understanding !

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