

COMMUNITY RENEWAL TEAM JUNE 2023 CONGREGATE MENU

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>Please call 860-665-8778 before 11:30am the day before you wish to eat lunch or to cancel</u>		1 Lasagna w/ Italian Sauce Italian Blend Vegetables Bread Stick Fresh Fruit	<u>National Picnic Day</u> Orange Juice Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Bk'd Beans / Mixed Veg Cookie
5	100 % Fruit Punch Ice Smothered Chicken Lyonnaise Potatoes Spinach 100 % Wh Wheat Brd Wholegrain Fruit Bar	6 Stuffed Pepper w/ Sauce Pasta Vegetable Medley Wheat Bread Fresh Fruit	7 Roasted Pork Loin w/ Gravy Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Orange Cup	8 Baked Stuffed Fish with Tartar Sauce Potato Wedges / Ketchup Capri Blend Vegetables Garlic Knot Fresh Fruit	9 Mild Beef & Bean Chili Baked Potato Sliced Carrots Oatnut Bread Fresh Fruit
12	Orange Juice Meatloaf w/ Gravy Garlic Mash Potatoes Spinach 12 Grain Bread Doughnut	13 Country Vegetable Soup Saltine Crackers Tuna Salad on a Kaiser Roll Potato Salad Sliced Tomatoes & Lettuce Fresh Fruit	14 Barbeque Beef Brisket Lyonnaise Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit	15 <u>CRT Celebrates Fathers</u> 100 % Fruit Punch Juice Roast Beef w/ Gravy Seasoned Baby Potatoes Peas & Diced Carrots Garlic Knot Frosted Cake	16 <u>Celebrate Juneteenth</u> Grape Juice Grilld Chicken/Peach Sce 5 Cheese Mac'n Cheese Collard Greens Cornbread Loaf Sweet Potato Pie
19	CRT Closed In Observance of Holiday	20 Potato Crumb Fish w/ Tartar Sce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	21 Oven Baked Chicken Macaroni & Cheese Chuckwagon Vegetables 100 % Wh Wheat Bread Fresh Fruit	22 Orange Juice Ital Sausage w/ Ital Sce Parslied Pasta Capri Blend Vegetables Wholegrain White Bread Fresh Fruit	23 Roast Pork w/ Gravy Cornbread Stuffing Mixed Vegetables Garlic Knot Fresh Fruit
26	Kielbasa w/ Mustard Carmelized Onions Diced Potatoes Prince Edward Veggies Wheat Bread Fresh Fruit	27 Popcorn Shrimp Potato Wedges / Ketchup Coleslaw Oatnut Bread Fresh Fruit	28 <u>National Tapioca Day</u> Grape Juice American Chop Suey w/ Elbow Pasta Vegetable Medley Garlic Knot Tapioca Pudding	29 Glazed Baked Ham Cut-Up Sweet Potatoes Chuckwagon Vegetables 12 Grain Bread Fresh Fruit	30 100 % Fruit Punch Juice Swedish Meatballs w/ Gravy / Mashed Potatoes / Peas & Diced Carrots / 100 % Whole Wheat Bread / Cookie

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.