

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	<u>Nat'l Beans'n'Franks Day</u> Orange Juice All-Beef Hot Dog / Bun Ketchup, Must, Relish Baked Beans Coleslaw Wholegrain Fruit Bar	4	CRT Closed In Observance of the Holiday Happy Fourth of July !	5	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wheat Bread Fresh Fruit	6	Chicken Parmesan Pasta w/ Sauce Yellow Squash Garlic Knot Fresh Fruit	7	Grape Juice Potato Crumb Fish with Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Chocolate Pudding
10	Beef Stroganoff Steamed Orzo Vegetable Medley 12 Grain Bread Fresh Fruit	11	<u>National Sugar Cookie Day !</u> 100 % Fruit Punch Juice Cold Baked Ham & American Cheese Sandwich on Soft Roll Shredded Lett & Tomato / Must, Mayo / Potato Salad Sugar Cookie	12	Chicken Stir Fry White Rice Steamed Broccoli Wheat Bread Fresh Fruit	13	Orange Juice Salisbury Steak w/ Gravy Cornbread Stuffing Asparagus 100 % Whole Wheat Bread Wholegrain Fruit Bar	14	Cheesy Veggie Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit
17	Sofrito Boneless Pork Chop Spanish Roasted Potatoes Broccoli Normandy Cornbread Fresh Fruit / Yogurt Cup	18	Boneless Chicken Marsala Pesto Pasta Italian Style Vegetables Garlic Knot Fresh Fruit	19	Clam Chowder Crab Cake / Tartar Sauce Coleslaw Potato Puffs Saltine Crackers Fresh Fruit	20	Plain Beef Burger on Hamburger Bun Potato Wedges / Ketchup Must, Mayo / Lettuce & Tom/ Fresh Fruit	21	<u>Pick Blueberries Day !</u> 100 % Fruit Juice Punch Roast Beef w/ Gravy Mashed Potatoes Peas & Diced Carrots Garlic Knot Blueberry Danish
24	100% Fruit Juice Punch Grande Cheese Raviolis with Marinara Sauce / California Blend Veggies Garlic Knot Vanilla Pudding	25	Barbequed Pork Tater Tots w/ Ketchup Green Beans 100 % Whole Wheat Bread Fresh Fruit	26	Salad Greens w/ Ham / Hard Boiled Egg / Red Onions / Cherry Tomatoes / Cucs Ranch Dressing / Bread Stick Fresh Fruit Cookie	27	Italian Combo (Salemi / Beef Bologna/ American Cheese) on Grinder Roll / Shredded Lettuce & Toms / Mustard / Mayo / Potato Salad Fresh Fruit	28	Beef Meatballs w/ Gravy Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wh Bread Fresh Fruit
31	Teriyaki Chicken Vegetable Fried Rice Asian Vegetable Blend Garlic Knot Fresh Fruit								

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.

6/13/23

COMMUNITY RENEWAL TEAM JULY 2023 CONGREGATE MENU

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