

COMMUNITY RENEWAL TEAM AUGUST 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Please call 860-665-8778 before 11:30am the day before you wish to eat lunch or to cancel	1	Cheesey Vegetable Lasagna w Alfredo Sauce / Italian Blend Veggies / Bread Stick / Fresh Fruit	2	Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans / Coleslaw Fresh Fruit	3	100 % Fruit Punch Juice Smothered Chicken Lyonnaise Potatoes Spinach 100 % Whole Wh Bread Wholegrain Fruit Bar	4	<u>National Eat A Peach Day</u> Roasted Pork Loin w/ Mango Sce Rice Pilaf California Blend Veggies Wheat Bread Fresh Peach / Cookie
7	Kielbasa / Mustard Carmelized Onions Diced Potatoes Prince Edward Veggies Wheat Brd Fresh Fruit	8	Baked Stuffed Fish w/ Tartar Sauce Potato Wedges/ Ketchup Capri Blend Vegetables Garlic Knot Fresh Fruit	9	Orange Juice Garden Salad Greens / Cherry Toms, Cucos, Onions / Grilled Chicken Strips / Cheddar Cheese / Ranch Dressing / Garlic Knot / Cookie	10	Stuffed Pepper w/ Sauce Cous Cous Vegetable Medley Wheat Bread Fresh Fruit	11	BBQ Beef Brisket Lyonnaise Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit
14	Grape Juice Swedish Meatballs Mashed Potatoes Peas & Diced Carrots 100 % Whole Wh Brd Yogurt Cup	15	Stuffed Cabbage w/ Tomato Sce Orzo Broccoli Florets Garlic Knot Cookie / Fresh Fruit	16	<u>Nat'l Watermelon Day</u> Country Vegetable Soup Oven Rst Turkey (Not Deli) on Kaiser Roll Sandwich / Potato Salad / Saltines/Must/ Mayo /SI Tomatoes & Lettuce Watermelon Slice	17	Orange Juice Italian Sausage w/ Peppers on Hoagie Roll Capri Blend Vegetables Garlic Knot Fresh Fruit	18	Cracker Crumb Cod / Tartar Sce / Mashed Potatoes / Green & Yellow Wax Beans / 100 % Whole Wheat Brd / Fresh Fruit
21	Orange Juice Quiche Lorraine Lyonnaise Potatoes Vegetable Medley Garlic Knot Wholegrain Fruit Bar	22	Mild Beef & Bean Chili Baked Potato / Sour Cream Sliced Carrots 100 % Whole Wheat Bread Fresh Fruit	23	Oven Baked Chicken Macaroni & Cheese Chuckwagon Veggies 100 % Whole Wht Brd Fresh Fruit	24	<u>Nat'l Lemon Pudding Day</u> Grape Juice Glazed Bked Ham /Mustard Cut-Up Sweet Potatoes Broccoli 12 Grain Bread Lemon Pudding / Topping	25	Orange Juice Meatloaf w/ Gravy Garlic Mashed Potatoes Spinach 12 Grain Bread Cookie
28	Manicotti w/ Red Sce / Parmesan Cheese Cheese /Squash Medley Bread Stick / Fresh Fruit	29	Chef Salad w/ Mixed Greens / Cherry Toms, Cucos, Onions / Shredded Cheese / Turkey Ham / Hard Boiled Egg / Ranch Dressing / Garlic Knot / Fresh Fruit	30	Oven Roasted (Not Deli) Turkey w/ Gravy Cornbread Stuffing / Cranberry Sauce Mixed Vegetables Wheat Bread Fresh Fruit	31	Potato Crumb Fish/ Tartar Sauce / Mashed Potatoes / Broccoli Normandy / 12 Grain Bread / 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.