

COMMUNITY RENEWAL TEAM **September** 2024 CONGREGATE MENU Menu is subject to change 8 /5 /24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CRT Closed In Observance of the Labor Day Holiday	3	Orange Juice Grilled Chicken Breast / Green Leaf Lettuce / Caesar Dressing /Garlic Pesto Wrap / Macaroni Salad / Wholegr Fruit Bar	4	Turkey Sausage w/ Peppers & Onions Marinara Sce / Spaghetti 4-Way Vegetable Blend Wheat Bread Fresh Fruit	5	Sticky Honey Garlic Meatballs White Rice w/ Vegetables Monaco Blend Vegetables 100 % Whole Wheat Bread Fresh Fruit	6	Apple-Cider Marinated Pork Chop Sweet Potato Mashed Green Beans Dinner Roll Fresh Fruit
9	Cranberry Chicken Salad Hamburger Bun Potato Wedges / Ketchup Coleslaw Fresh Fruit	10	Stuffed Pepper w/ Sauce Carnival Rice Chuck Wagon Veg Blend Wheat Bread Fresh Fruit	11	Orange Juice Yankee Pot Roast w/ Gravy Garlicky Smashed Potatoes Peas & Diced Carrots Wheat Bread Cookie	12	Maple-Glazed Kielbasa / Mustard Mashed Potatoes Spinach 100 % Whole Wheat Bread Fresh Fruit	13	<u>National Pasta Day</u> 100 % Fruit Punch Juice Boneless Chicken Alfredo w/ Fettuccini Broccoli Florets Bread Stick Pudding w/ Topping
16	Rigatoni Bolognese Yellow & Green Zucchini Squash Wheat Bread Fresh Fruit	17	Chicken Picatta Bowtie Pasta Brussel Sprouts Garlic Knot Fresh Fruit	18	Meatball Grinder w/ Mozzarella Cheese on Hoagie Roll Potato Salad Buttered Corn Fresh Fruit	19	<u>National Krispies Treat Day</u> Grape Juice Cobb Salad / Roma Lett/ Grill'd Chicken Breast / Ham / Swiss/ Hard-Boiled Egg / Grape Toms/ Carrots / Ranch Dressing / Saltines/ Rice Krispies Treat	20	Baked Ham w/ Pineapple Glaze Cut-Up Sweet Potatoes California Blend Veggies 100 % Whole Wheat Bread Fresh Fruit
23	Orange Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Coleslaw Yogurt Cup	24	<u>Chicken Lo Mein Day</u> 100 % Fruit Punch Juice Chicken Lo Mein w/ Lo Mein Noodles / Asian Vegs / Vegetable Egg Roll / Cookie	25	Pork Carnita Yellow Rice w/ Beans Garlic Green Beans 100 % Whole Wheat Bread Fresh Fruit	26	Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit	27	Baked Chicken w/ Gravy Mashed Potatoes Buttered Corn Dinner Roll Fresh Fruit
30	Grape Juice Vegetarian-Style Lasagna Italian Mixed Vegetables Bread Stick Wholegrain Fruit Bar		Did you know that the timing of meals plays a major impact on how we feel ? The best way to fuel your body is to space meals & snacks		3 to 4 hours apart and pick a healthy protein and carb source at each meal. Skipping a meal contributes to poor concentration ; mood swings by causing fluctuations in blood sugar.		Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame or fish. Please advise our staff		of any food allergies prior to your meal consumption ! -----

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. Menu is subject to change.