

COMMUNITY RENEWAL TEAM CONGREGATE MENU CALENDAR - OCTOBER 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Enfield Senior Center To reserve a meal call 860-763-7428 by noon the business day before.							1	Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Orange
4	Meatloaf w/ Gravy Chive Mashed Potatoes Capri Blend Vegetables Wheat Bread Pears	5	Apple Juice Stuffed Pepper/Marinara Sauce Seashell Pasta w/Sauce Mixed Vegetables Whole Grain White Bread Vanilla Pudding	6	Hawaiian Style Roast Pork Rice Pilaf Peas 12 Grain Bread Mandarin Oranges	7	Orange Juice Boneless Chicken Piccata Egg noodles California Blend Veggies Whole Wheat Bread Pineapple Tidbits	8	BBQ Pork Ribeye Carnival Rice French-Style Green Beans Oatnut Bread Applesauce
11	CRT Closed for National Indigenous Peoples Day	12	Orange Juice Cheese Ravioli w/ Sauce Squash Medley Wheat Dinner Roll Fruit Cocktail	13	Potato Crumb Fish/ Tartar Sauce Potato Wedges Scandinavian Blend Veggies Oatnut Bread Fresh Orange	14	Apple Juice Roast Beef w/ Gravy Mashed Potatoes Chuckwagon Blend Veggies Whole Wheat Bread Frosted Cake	15	Ital Sausage w/Red, Green Peppers & Tomato Basil Sauce Ziti Carrots Whole Grain White Bread Peaches
18	Hamburger w/ Broth on Multi-Grain Burger Bun SI Tomatoes / Leaf Lettuce Ketchup, Mustard, Relish Potato Salad Fresh Orange	19	Teriyaki Chicken Bites Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	20	Orange Juice Butter Crumb Breaded Pollock Mashed Potatoes Spinach / Tartar Sauce Whole Wheat Bread Wholegrain Fruit Bar	21	Grape Juice Macaroni and Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Fruit	22	Boneless Chicken w/ Gravy Sweet Potatoes Garden Blend Vegetables 12 Grain Bread Fresh Fruit
25	Orange Juice BBQ Pulled Pork / Burger Bun Potato Salad Red, Green, Purple Coleslaw Chocolate Pudding	26	Grape Juice Salisbury Steak / Gravy Sweet Potatoes Caribbean Vegetables Whole Wheat Bread Fresh Fruit	27	Oven Fried Chicken Baked Beans Capri Blend Vegetables Corn Muffin Mandarin Oranges	28	Apple Juice Pot Roast w/ Gravy Oven Roasted Potatoes Brussel Sprouts Dinner Roll Pears	29	Breaded Flounder Filet Tartar Sauce Mashed Potatoes Peas & Diced Carrots Whole Wheat Bread Fresh Orange

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.