

COMMUNITY RENEWAL TEAM **November** 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Grilled Catfish w/ Old Bay Remoulade Rosemary Fingerling Potatoes Chuck Wagon Blend Rye Bread Fresh Fruit	2	Orange Juice Hearty Beef Stew w/Boiled Potatoes and Carrots Dinner Roll Jello Cup	3	<u>National Sandwich Day</u> Apple Juice Cranberry Chicken Salad Sandwich on a Kaiser Roll Lettuce and Tomato Potato Salad Pudding Cup	4	Chili Cheese Dogs Shredded Cheese Baked Beans Green Beans Hot dog Bun Fresh Fruit
7	Sloppy Joes Crinkle Fries w/Ketchup Seasoned Cauliflower Hamburger Bun Fresh Fruit	8	Chicken Marsala Rice Pilaf Capri Vegetable Blend Dinner Roll Fresh Fruit	9	<u>National Cupcake Day</u> Fruit Punch Juice Grilled Ham Steak Scrambled Eggs Home Fries w/Ketchup Asparagus Wheat Bread Assorted Cupcakes	10	Spaghetti and Meatballs Parmesan Cheese Steamed Broccoli Garlic Knots Fresh Fruit	11	CRT CLOSED FOR HOLIDAY
14	Apple Juice Stuffed Cabbage White Rice Yellow Squash Rye Bread Pudding Cup	15	Cracker Crumb Haddock w/ Tartar Sauce Seasoned Potato California Vegetable Wheat Bread Fresh Fruit	16	BBQ Beef Brisket Mac N Cheese Chuck Wagon Blend Whole Grain White Bread Fresh Fruit	17	<u>CRT Holiday Meal</u> Orange Juice Roasted Turkey w Gravy Corn Bread Stuffing Glazed Carrots Cranberry Sauce Honey Butter Biscuits Apple Pie	18	Orange Marmalade Pork Seasoned Orzo Brussel Sprouts Italian Bread Fresh Fruit
21	Stuffed Shells Ala vodka Sauce Seasoned Spinach Garlic Knots Fresh Fruit	22	Fruit Punch Juice Sheppard's Pie Green Beans Dinner Roll Cookie	23	Salmon Cakes w/ Tartar sauce Rosemary Garlic Potato wedges Maple Brown Acorn Squash Rye Bread Fresh Fruit	24	CRT CLOSED FOR HOLIDAY	25	CRT CLOSED FOR HOLIDAY
28	Grape Juice Pierogies w/ Onion/ Pepper Kielbasa w/ Mustard Capri Blend Whole Grain White Bread Jello Cup	29	Pineapple Sweet n Sour Chicken Vegetable Fried Rice Asian Vegetable Blend 100% Wh Wheat Bread Fresh Fruit	30	Salisbury Steak Onion & Mushroom Gravy Sweet Mashed potatoes Buttery Corn Dinner Roll 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.