

COMMUNITY RENEWAL TEAM **DECEMBER** 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	BBQ Pork Sweet Potato Fries Spinach 100 % Whole Wheat Bread Fresh Fruit	2	<u>National Cookie Day</u> Grape Juice Stuffed Chicken Breast Rice Pilaf Roasted Butternut Squash 12 Grain Bread Whoopie Pie
5	Swedish Meatballs / Gravy Parslied Egg Noodles Green Beans Rye Bread Fresh Fruit	6	Orange Juice Lasagna w/ Creamy Tomato Sauce Steamed Broccoli Garlic Stick Pudding Cup	7	Chicken Pot Pie w/ Boiled Potatoes Glazed Carrots Dinner Roll Fresh Fruit	8	Fruit Punch 100 % Juice Apricot Glazed Kielbasa White Rice California Blend Veggies Wheat Bread Jello Cup	9	Grilled Salmon w/ Sauce Tartar Sauce Mashed Potatoes Yellow Squash Oatnut Bread Fresh Fruit
12	Grape Juice BBQ Grilled Chicken Breast Tater Tots Capri Blend Vegetables Rye Bread Jello Cup	13	Country Fried Steak Garlic Mashed Potatoes Seasoned Corn 100 % Wh Wheat Bread Fresh Fruit	14	<u>CRT Holiday Meal</u> Orange Juice Maple Glazed Spiral Ham Twice Baked Potatoes Seasoned Brussel Sprouts Garlic Knot Frosted Carrot Cake	15	Apple Juice American Chop Suey Peas Dinner Roll Fresh Fruit	16	Corned Beef Hash Long Grain Rice Vegetable Medley Wheat Bread Fresh Fruit
19	Fruit Punch 100 % Juice Cheese Manicotti w/ Basil Garlic Marinara Sce Spinach Garlic Knot Wholegrain Fruit Oatmeal Bar	20	Baked Chicken w/ Gravy Mashed Potatoes Buttered Corn Biscuit Fruited Yogurt Cup	21	Potato Crumb Fish Crinkle Cut Potatoes Ketchup / Tartar Sauce Prince Edward Blend Veggies 12 Grain Bread Fresh Fruit	22	Orange Juice Merlot Beef Tips w/ Mushroom Onion Gravy Parslied Egg Noodles Grilled Asparagus Wheat Dinner Roll Cookie	23	CRT Closed In Observance of the Holidays Season's Greetings !
26	CRT Closed in Observance of the Holidays Seasons' Greetings !	27	Tangerine Chicken Vegetable Fried Rice Broccoli Florets 100 % Wh Wheat Brd Fresh Fruit	28	Grape Juice Pepperoni Pizza Marinated Vegetable Salad Fresh Fruit	29	Orange Juice Boneless Pork Chop w/ Apples and Onions Cornbread Stuffing Parslied Carrots 12 Grain Bread Eggnog & Cookie	30	Cheese & Beef Raviolis w/ Marinara Sauce California Blend Veggies 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.