

NAME: \_\_\_\_\_

COMMUNITY RENEWAL TEAM **OCTOBER** 2023 CONGREGATE MENU PHONE: \_\_\_\_\_

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Orange Juice All-Beef Hot Dog / Bun Ketchup, Must, Relish Baked Beans Coleslaw Yogurt Cup	3	Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Garlic Knot Fresh Fruit	4	Oven-Baked Chicken Macaroni & Cheese Chuckwagon Vegetables Cornbread Fresh Fruit	5	100 % Fruit Punch Juice Chef Salad w/ Mixed Greens / Cherry Toms, Cucs, Onions / Shredded Cheese /Turkey Ham / Hard Boiled Egg / Ranch Drg /Bread Stick /Fruit Bar	6	Bked Stuffed Fish w/ Tartar Sce / Potato Wedges / Ketchup / Capri Blend Veggies /Wheat Bread / Fresh Fruit
9	CRT Closed in Observance of Indigenous Peoples Day  Senior Center Closed	10	Cheesy Veg Lasagna w/ Alfredo Sce Italian Blend Veggies Italian Bread Fresh Fruit	11	Kielbasa / Mustard Caramelized Onions Paprika Seasoned Diced Pots Prince Edward Veggies 100 % Whole Wh Brd Fresh Fruit / Cookie	12	Potato Crumb Fish Tartar Sce Mashed Potatoes Broccoli Normandy Cornbread Fresh Fruit	13	<u>Home-Baked Cookie Day</u> Orange Juice / Veggie Quiche / Lyonnaise Pots / Veg Medley / Garlic Knot Cookie
16	Stuffed Pepper w/ Sauce Rice Vegetable Medley Wheat Bread Fresh Fruit	17	Country Vegetable Soup Oven Rst Turkey (Not Deli) on Kaiser Roll Sandwich Potato Salad / Saltines Mustard / Mayo / Sl Toms & Lettuce / Fresh Fruit / Cookie	18	Cracker Crumb Cod Tartar Sauce Mashed Potatoes Green & Yellow Wax Beans 100 % Whole Wh Brd Fresh Fruit	19	Grape Juice Glazed Bked Ham /Mustard Cut-Up Sweet Potatoes Vegetable Medley Dinner Roll Yogurt Cup	20	Orange Juice Mild Beef & Bean Chili Shred Cheese/ Bkd Pot Sour Cr /Sliced Carrots 100 % Whole Wh Brd Choc Pudding with Topping
23	Orange Juice Meatloaf w/ Gravy Garlic Mashed Potatoes Wheat Bread / Spinach Wholegrain Fruit Bar	24	Garden Salad Greens / Cherry Toms, Cucs, Onions / Grilled Chicken Strips / Ched Cheese /Ranch Dressing / Cornbread / Fresh Fruit	25	Roasted Pork Loin w/ Mango Sauce / Rice Pilaf California Blend Veggies Wheat Bread Fresh Fruit	26	<u>Nat'l Pasta Day</u> Grape Juice Manicotti w/ Red Sce Parmesan Cheese Squash Medley / Roll Lemon Pudding w/ Topping	27	Smothered Chicken w/ Gravy Lyonnaise Potatoes Spinach 100 % Wh Wheat Brd Fresh Fruit
30	Italian Sausage w/ Peppers on a Hoagie Roll Capri Blend Veggies Potato Wedges / Ketchup Fresh Fruit	31	<u>Celebrate Ghosts n' Goblins</u> 100 % Fruit Punch Juice Swedish Meatballs Mashed Potatoes Peas & Diced Carrots 100 % Wh Wheat Brd Chocolate Brownie (Boo!)				Enfield Senior Center - To reserve a meal, call 860- 763-7428 by noon the business day before.	To cancel your reservation, please call 860-763-7428 as soon as possible.	

**It's only a semi-myth that carrots help you see in the dark! Carrots, sweet potatoes, pumpkin, fish, citrus, eggs, water, wholegrains, nuts & seeds all support eye health.** 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.

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