

COMMUNITY RENEWAL TEAM SEPTEMBER 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	<u>Nat'l Chicken Month</u> Grape Juice Chicken Francaise Linguini Broccoli Florets Dinner Roll Frosted Cake	2	Apple Juice Cheeseburger Macaroni Vegetable Medley Oatnut Bread Fresh Fruit
5	CRT Closed In Observance of Labor Day Holiday	6	100 % Fruit Punch Juice Crab Cakes w/ Old Bay Remoulade Yellow Rice Mixed Vegetables 12 Grain Bread Frosted Cake	7	Brown Sugar Glazed Baked Ham Sweet Potato Casserole Green & Yellow Wax Beans Wheat Dinner Roll Fresh Fruit	8	Orange Juice Guinness Beef Stew w/ Root Vegetables 100 % Whole Wheat Bread Home-Baked Cookie	9	Stuffed Green Pepper w/ Tomato Sauce Pasta Yellow Squash Rye Bread Fresh Fruit
12	100 % Fruit Punch Juice Chicken Empanadas Spanish Rice Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Wholegrain Fruit Oatmeal Bar	13	Classic Pot Roast w/ Gravy Boiled Potatoes Parslied Carrots Oatnut Bread Fresh Fruit	14	Orange Juice Chicken a la Vodka w/ Penne California Blend Vegetable Wheat Dinner Roll Frosted Cake	15	Shrimp Teriyaki Vegetable Fried Rice Asian Style Vegetables 12 Grain Bread Fresh Fruit	16	Roast Turkey and Gravy Corn Bread Stuffing Brussel Sprouts Cranberry Sauce Wheat Bread Fresh Fruit
19	Southern Style Catfish Potato Wedges w/Ketchup Prince Edward Veggies Wheat Bread Fresh Fruit	20	Grape Juice Vegetable Pizza Salad Greens w/ Cherry Toms Cucs / Salad Dressing Home-Baked Cookie	21	Beef & Bean Chili Baked Potato w/ Cheese Sces Broccoli Scallions Cornbread Loaf Fresh Fruit	22	BBQ Pulled Pork 5- Cheese Mac n Cheese Collard Greens Dinner Roll Fresh Fruit	23	<u>National Chocolate Day</u> Grape Juice BBQ Chicken Drumsticks Potato Salad Seasoned Corn Oatnut Bread Chocolate Cake
26	Country Fried Steak w/Gravy Garlic Smashed Potatoes Capri Blend Veg Oatnut Bread Fresh Fruit	27	Sticky Honey Garlic Meatballs White Rice w/ Vegetables Broccoli Florets 12 Grain Bread Fresh Fruit	28	<u>National Apple Month</u> Orange Juice Chef Salad-Romaine Lettuce Hard-Boiled Egg; Julienned Turkey & Cheese Cherry Toms, Cucs, Croutons Dressing Autumn Apple Crisp	29	Apple Cider Pork Loin Seasoned Orzo Spinach Garlic Knot Fresh Fruit	30	Orange Juice Chicken 'n Dumplings Seasoned Peas 100% Whole Wheat Bread Home-Baked Cookie

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.