

COMMUNITY RENEWAL TEAM APRIL 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Grape Juice Vegetarian Lasagna Vegetable Medley Wheat Bread Fresh Fruit	4	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Fresh Fruit	5	<u>CRT Spring Holiday Meal</u> Orange Juice Glazed Holiday Baked Ham Cut-Up Sweet Potatoes Green Beans Cornbread Loaf Apple Crisp	6	Beef N Bean Chili w/ Baked Potato Sliced Carrots Oatnut Bread Fresh Fruit	7	CRT Closed In Observance of Holiday
10	100 % Fruit Punch Juice Vegetable Omelet w/ Cheese Sauce Lyonnaise Potatoes Summer Squash 12 Grain Bread Fruited Yogurt Cup	11	American Chop Suey w/ Elbow Pasta Vegetable Medley Wheat Dinner Roll Fresh Fruit	12	Smothered Grilled Chicken Breast Parslied Egg Noodles Spinach Oatnut Bread Fresh Fruit	13	Roasted Pork Loin w/ Gravy Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Orange Cup	14	Crab Cake w/ Tartar Sauce Potato Wedges/ Ketchup Capri Blend Vegetables Oatnut Bread Fresh Fruit
17	Stuffed Pepper w/ Tomato Sauce Pasta w/ Sauce Seasoned Cauliflower Wheat Bread Fresh Fruit	18	Country Vegetable Soup / Saltines Tuna Salad on a Kaiser Roll Potato Salad SI Tomatoes & Lettuce Fresh Fruit	19	Oven Baked Chicken Garlic Mashed Potatoes Brussel Sprouts 12 Grain Bread Fresh Fruit	20	<u>National Banana Dessert Day</u> Orange Juice Roast Beef w/ Gravy Seasoned Baby Potatoes Peas & Diced Carrots Wheat Dinner Roll Frosted Banana Cake	21	Pot Stickers w/ Duck Sce Vegetable Fried Rice Oriental Vegetable Blend 100 % Whole Wheat Bread Fresh Fruit
24	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Smoked Baked Beans 4-Way Vegetable Blend Fresh Fruit	25	Cheese Ravioli w/ Marinara Sauce Parmesan Cheese Italian Vegetables Italian Bread Fresh Fruit	26	Potato Crumb Fish w/ Tartar Sauce Mashed Potatoes Broccoli Normandy 12 Grain Bread Fresh Fruit	27	BBQ Beef Brisket Macaroni & Cheese Chuckwagon Vegetables 100 % Whole Wheat Bread Fresh Fruit	28	<u>Celebrate Coffee Cake Day</u> 100 % Fruit Punch Juice Roasted Turkey Breast w/ Gravy Cranberry Sauce Cornbread Stuffing Mixed Vegetables Wheat Dinner Roll Coffee Cake

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.
 The CRT menu is subject to change due to possible unavailability of product ! Thank-you very much for your understanding !

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