

COMMUNITY RENEWAL TEAM **JANUARY** 2023 CONGREGATE MENU

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|--|---------|---|-----------|--------------------------------|----------|--|--------|--------------------------------|
| 2 | Haddam Senior Center Closed for New Year's Day | 3 | Haddam Senior Center Closed | 4 | Haddam Senior Center Closed | 5 | Haddam Senior Center Closed | 6 | Haddam Senior Center Closed |
| 9 | Haddam Senior Center Closed | 10 | Haddam Senior Center Closed | 11 | Haddam Senior Center Closed | 12 | Meet and Greet new Senior Center Activities Coordinator 11-1 no meal | 13 | Haddam Senior Center Closed |
| 16 | Haddam Senior Center Closed In Observance of Holiday | 17 | Plain Omelet w/ Ham & Pepper Cheese Sauce Lyonnaise Potatoes Prince Edward Veggies Rye Bread Fresh Fruit | 18 | Haddam Senior Center Closed | 19 | <u>National Ice Cream Day</u> Orange Juice Teriyaki Beef Bites Vegetable Fried Rice Asian-Style Veggies 12 Grain Bread Ice Cream Cup | 20 | Haddam Senior Center Closed |
| 23 | Grape Juice Italian Meatballs w/ Sca Bowties Green Beans Garlic Knot Wholegrain Fruit Bar | 24 | Hearty Chicken Noodle Soup Oven Baked Chicken Quarter w/Gravy Mac N' Cheese Chuckwagon BI Veggies Saltine Crackers Fresh Fruit | 25 | Haddam Senior Center Closed | 26 | Baked Salmon w/ Sauce Orzo Asparagus 100 % Whole Wheat Bread Fresh Fruit | 27 | Haddam Senior Center Closed |
| 30 | Chicken Alfredo w/ Penne Pasta Broccoli Florets Garlic Knot Fresh Fruit | 31 | Orange Juice Pot Stickers / Duck Sca Vegetable Fried Rice Seasoned Peas Wheat Dinner Roll Frosted 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.

COMMUNITY RENEWAL TEAM **JANUARY** 2023 CONGREGATE MENU

**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.**