

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	Haddam Senior Center Closed	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	Haddam Senior Center Closed	13	Roasted Pork Loin w/ Gravy Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Orange Cup	14	Haddam Senior Center Closed
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	Haddam Senior Center Closed	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	Haddam Senior Center Closed
24	PIZZA and a MOVIE (Movie is "Book Club")	25	Cheese Ravioli w/ Marinara Sauce Parmesan Cheese Italian Vegetables Italian Bread Fresh Fruit	26	Haddam Senior Center Closed	27	BBQ Beef Brisket Macaroni & Cheese Chuckwagon Vegetables 100 % Whole Wheat Bread Fresh Fruit	28	Haddam Senior Center Closed

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 !