

NAME: _____ COMMUNITY RENEWAL TEAM **OCTOBER** 2026 CONGREGATE MENU PHONE: _____

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	To reserve or cancel a meal, please call 860-763-7428.				Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Advise staff of allergy prior to your meal.	1	NO MEAL SERVICE	2	3 oz Creamed Chicken w/ 1/2c Diced Potatoes & 1/2c Peas & Carrots / (1) Buttermilk Biscuit / (1) Fresh Fruit
5	1/2c Juice 3 oz Beef Stuffed Cabbage w/ Marinara Sauce / 1/2c Rosemary Pots /1/2c Chuckwagon Veggies / (1) sl Wheat Brd / (1) Pudding Cup	6	NO MEAL SERVICE	7	3 oz Roast Turkey w/ Tarragon Sauce / 1/2c Egg Noodles / 1/2c 4-WayVeggies / (1) sl 100 % Wh Wheat Bread / (1) Fresh Fruit	8	NO MEAL SERVICE	9	3 oz Meatloaf w/ Onion Gravy / 1/2c Sweet Potato Wedges / 1/2c Green Beans / (1) Dinner Roll / (1) Fresh Fruit
12	CRT Closed in Observance of Indigenous Peoples' Day SENIOR CENTER CLOSED	13	NO MEAL SERVICE	14	3 oz Cracker Crumb Tilapia w/ Lemon Butter Sauce / (1) Tartar Sauce / 1/2c Rice 1/2c Prince William Veggies (1) sl Wheat Bread (1) Fresh Fruit	15	NO MEAL SERVICE	16	3 oz Oven-Fried Chicken 1/2c Garlic Smashed Potatoes / 1/2c 5 Way Veg Blend / (1) sl Wheat Bread / (1) Fresh Fruit
19	1/8 sl Quiche / 1/2 c Potato Wedges / (1) pkt Ketchup 1/2 c Capri Veggies / (1) Fresh Fruit	20	NO MEAL SERVICE	21	8 oz Rigatoni w/ Meat Sauce 1/2c Normandy Vegetables/ (1) Parmesan Cheese (1) Bread Stick (1) Fresh Fruit	22	NO MEAL SERVICE	23	1/2c Juice / 3oz Salisbury Steak w/ Marinara Sce, Peppers & Onions / 1/2c Bowties / 1/2c Wax Beans / (1) Wheat Dinner Roll / (1) Pudding Cup
26	8 oz MILD White Chicken Chili w/ Beans / 1/2c Rice / 1/2c Veg Medley / (1) Cornbread Loaf / (1) Fresh Fruit	27	NO MEAL SERVICE	28	<u>National Chocolate Day</u> 1/2c Juice 3 oz Brown Sugar Glazed Baked Spiral Cut Ham / 1/2c Cornbread Stuffing / 1/2c California Veggies / (1) Dinner Roll / (1) Chocolate Sweet	29	NO MEAL SERVICE	30	3 oz Diced Pork w/ Mango Salsa / 1/2c Yellow Rice w/ Black Beans / 1/2c Caribbean Veggies / (1) sl Wheat Bread / (1) Fresh Fruit

Elderly Nutrition Program meals are served Monday, Wednesday & 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.