

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

		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	NO MEAL SERVICE	2	3oz Turmeric Seasoned Chicken 1/2c Paprika-Seasoned Pots 1/2c Peas & Diced Carrots (1) sl 100 % Wh Wheat Brd (1) Fresh Fruit	3	NO MEAL SERVICE	4	8 oz Meat Lasagna 1/2c Italian Veg Blend (1) Bread Stick (1) Fresh Fruit
7	CRT Closed in Observance of Labor Day Holiday SENIOR CENTER CLOSED	8	NO MEAL SERVICE	9	3 oz (1) Eggplant Rollatini w/ Marinara Sce / 1/2c California Veggies / (1) sl Wheat Bread / (1) Fresh Fruit	10	NO MEAL SERVICE	11	1/2 c Juice / 8 oz MILD Vegetarian Chili / (1) Baked Potato / 1/2c Gr & Yellow Wax Beans / (1) pkg Saltines / (1) Cookie
14	<u>Eat A Hoagie Day</u> 1/2c Juice / 3 oz (1) Ital Sausage w/ 1/2 c Red, Gr Peppers & Onions w/ (1) Hoagie Roll / 1/2c Potato Wedges / (1) Ketch / (1) Pudding Cup	15	NO MEAL SERVICE	16	1/2c Juice 3 oz Roast Turkey w/ Gravy 1/2c Cut-Up Sweet Potatoes / 1/2c Broccoli Florets / (1) Dinner Roll / (1) Fresh Fruit	17	NO MEAL SERVICE	18	3 oz Chicken Bolognese Sce w/ 1/2c Ziti / 1/2c Prince Wm Vegetables / (1) pkt Parm Cheese (1) sl Wheat Brd / (1) Fresh Fruit
21	3 oz (1) Meatloaf w/ Mushr Gravy / 1/2c Cornbread Stuffing / 1/2c Normandy Veggies / (1) sl Wheat Bread (1) Fresh Fruit	22	NO MEAL SERVICE	23	3 oz Sweet & Sour Diced Pork / 1/2c Yellow Rice / 1/2c Asian Vegetable Mix (1) sl 100 % Wh Wheat Brd / (1) Fresh Fruit	24	NO MEAL SERVICE	25	3 oz Spiral Cut Baked Ham w/ Pineapple Sce / 1/2c Mashed Sweet Potatoes / 1/2c 5-Way Veggies / (1) Dinner Roll / (1) Fresh Fruit
28	3 oz (3) Sticky Honey Garlic Turkey Meatballs / 1/2c Red Potatoes / 1/2c Carrots / (1) sl Wheat Bread / (1) Fresh Fruit	29	NO MEAL SERVICE	30	3 oz Baked Salmon w/ Alfredo Sauce / 1/2c Brown & White Rice / 1/2c Spinach / (1) sl Wheat Bread / (1) Fresh Fruit		To reserve or cancel a meal, please call 860-763-7428.		Be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of allergies prior to meal !

Elderly Nutrition Program meals are served Monday, Wednesday, and 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.