

COMMUNITY RENEWAL TEAM **November** 2022 CONGREGATE MENU

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|---|---------|--|-----------|-----------------------------|----------|--|--------|-----------------------------|
| | | 1 | Grilled Catfish w/ Old Bay Remoulade Rosemary Fingerling Potatoes Chuck Wagon Blend Rye Bread Fresh Fruit | 2 | Haddam Senior Center CLOSED | 3 | National Sandwich Day Apple Juice Cranberry Chicken Salad Sandwich on a Kaiser Roll Lettuce and Tomato Potato Salad Pudding Cup | 4 | Haddam Senior Center CLOSED |
| 7 | Sloppy Joes Crinkle Fries w/Ketchup Seasoned Cauliflower Hamburger Bun Fresh Fruit | 8 | Chicken Marsala Rice Pilaf Capri Vegetable Blend Dinner Roll Fresh Fruit | 9 | Haddam Senior Center CLOSED | 10 | Spaghetti and Meatballs Parmesan Cheese Steamed Broccoli Garlic Knots Fresh Fruit | 11 | CRT CLOSED FOR HOLIDAY |
| 14 | Apple Juice Stuffed Cabbage White Rice Yellow Squash Rye Bread Pudding Cup | 15 | Cracker Crumb Haddock w/ Tartar Sauce Seasoned Potato California Vegetable Wheat Bread Fresh Fruit | 16 | Haddam Senior Center CLOSED | 17 | CRT Holiday Meal Orange Juice Roasted Turkey w Gravy Corn Bread Stuffing Glazed Carrots Cranberry Sauce Honey Butter Biscuits Apple Pie | 18 | Haddam Senior Center CLOSED |
| 21 | Stuffed Shells Ala vodka Sauce Seasoned Spinach Garlic Knots Fresh Fruit | 22 | Fruit Punch Juice Sheppard's Pie Green Beans Dinner Roll Cookie | 23 | Haddam Senior Center CLOSED | 24 | CRT CLOSED FOR HOLIDAY | 25 | CRT CLOSED FOR HOLIDAY |
| 28 | Grape Juice Pierogies w/ Onion/ Pepper Kielbasa w/ Mustard Capri Blend Whole Grain White Bread Jello Cup | 29 | Pineapple Sweet n Sour Chicken Vegetable Fried Rice Asian Vegetable Blend 100% Wh Wheat Bread Fresh Fruit | 30 | Haddam Senior Center CLOSED | | | | |

Elderly Nutrition Program meals are served Monday, Tuesday & Thursday 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.