

COMMUNITY RENEWAL TEAM **JULY** 2026 CONGREGATE MENU Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Senior Center Lunch Apple Berry Salad w/chicken & Dessert	2	1/2 c Juice / 3 oz (1) Grilled Chicken Brst ; Hard Boiled Egg ; Bacon ; BI Cheese ; Grape Toms ; Lett Blend / (1) Ranch Drg / (1) pkg Saltines / (1) Cookie	3	CRT Closed In Observance of the July 4 th Holiday
6		7	3 oz Chicken Lemon Piccata 1/2 c Eggnoodles 1/2c Chuckwagon Vegs (1) sl 100 % Wh Wheat Bread / (1) Fresh Fruit	8	Kielbasa Sauerkraut Baked Beans Dessert	9	3 oz Turkey w/ Tarragon Sauce 1/2c Mashed Potatoes 1/2c Normandy Vegetables (1) sl Wheat Bread (1) Fresh Fruit	10	BREAKFAST 9-10
13		14	1/2c Juice / 3oz Grilled Chicken Brst ; Lett w/ Caesar Drg w/ (1) Garlic Pesto Wrap/ 1/2 c Beet w/ Dill Salad / 1/2c Potato Salad/ (1) Wholegrain Fruit Bar	15	Spinach Wrap w/Ceasar Chicken Salad Chips Dessert	16	3 oz Meatloaf w/ White Gravy 1/2c Garlic Smashed Potatoes 1/2c 4-Way Vegetables (1) sl 100 % Wh Wheat Bread (1) Fresh Fruit	17	BREAKFAST 9-10
20		21	3 oz Breaded Veal Patty w/ Marinara Sce / (1) Parm Ch / 1/2c Ziti Pasta w/ Marin Sce/ 1/2c Ital Veggies / (1) Wheat Dinner Roll / (1) Fresh Fruit	22	BBQ Drumsticks, Cranberry Sauce, Corn on the Cob Pasta salad & Dessert	23	1/2c Juice / 3 oz (1) Calzone / (1) Dipping Sce 1/2c Salad Greens w/ Tom/ Carrots / Onions/ (1) Thousand Island Dressing / (1) Yogurt Cup	24	BREAKFAST 9-10
27		28	3 oz Turkey Sloppy Joe w/ (1) Wheat Hamburger Bun / 1/2c Home-Fried Potatoes / 1/2c 5 Way Veggies / (1) Fresh Fruit	29	De-constructed Sausage &Pepper Grinder Dessert	30	3 oz Seafood Salad w/ (1) Hot Dog Bun 1/2c Coleslaw 1/2c Potato Wedges / (1) Ketchup / (1) Fresh Fruit	31	BREAKFAST 9-10

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. Menu is subject to change.