

HEBRON COMMUNITY RENEWAL TEAM **APRIL** 2024 CONGREGATE MENU Menu is subject to change 3/6/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
1	All-Beef Hot Dog / Hot Dog Bun / Must / Relish/ Ketchup/ Baked Beans / Potato Salad / Yogurt Cup	2	Potato Crumb Fish / Tartar Sce Potato Wedges / Ketchup / Mixed Vegetables / 100 % Whole Wheat Bread Fresh Fruit	3	Grape Juice Italian Sausage w/ Marinara Sce & Red & Green Peppers on Hoagie Roll / Potato Puffs Ketchup / Chuckwagon Veggies Wholegrain Fruit Bar	4	<u>Nat'l Make Lunch Count Day</u> Orange Juice Chicken Scampi Garlic Smashed Potatoes French Cut Gr Beans / Dinner Roll/Brownie
8	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	9	Orange Juice Asian-Style Chicken Fried Rice Asian Blend Veggies Wheat Dinner Roll Cinnamon Roll	10	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	11	Baked Fish w/ Tartar Sce Rice Broccoli Normandy Wheat Bread Fresh Fruit
15	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	16	(Mild) Beef & Bean Chili Shred Cheese / Sour Cr Baked Potato Capri Blend Veggies Cornbread Loaf Yogurt Cup	17	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	18	Salisbury Steak w/ Gravy Mashed Potatoes Five Way Veg Bl Wheat Bread Fresh Fruit
22	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	23	Seafarer's Crabcake w/ Tartar Sce /Wheat Hamburger Bun / Sweet Potato Wedges Ketchup/ Coleslaw Fresh Fruit	24	<i>Beginning April 8th Due to severely decreased funds CRT has been forced to make the difficult decision of reducing lunches to only 2 days/week – Hebron will be Tues/Thurs</i>	25	Vegetable Soup Grilled Chicken Breast w/ Lettuce / Grape Toms / Ham/ Swiss Cheese / Carrots / Hard Cooked Egg/ Ranch Dr / Saltines/ Cookie
29	Try and make half of your grains "whole" they have more nutrients & fiber than refined white grains. Look for labels that say "100 % whole wheat " or "100 % whole grain " !	30	100 % Fruit Punch Jce Stuff Pepper w/ Ital Sce Confetti Rice Italian Mix Veggies Bread Stick Pudding		Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of		any food allergies prior to your meal consumption!

**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.**