



TVCCA SENIOR CAFE MENU ~ MARCH 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 www.tvcca.org</p> <p>(24hr voice mail available)</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>~~~~~</p> <p>Menu is subject to change without notice.</p>	<p>1 American Chop Suey Diced Carrots Waxed Beans Fresh Orange</p>	<p>2 Stuffed Chicken Kiev Garlic Mashed Potatoes Green Beans Mixed Fruit Cup</p>	<p>3 Cheese Ravioli w/ Marinara Carrot Coins Snap Peas Applesauce Cup</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>6 Cuban Pulled Pork Spanish Rice Cauliflower, Carrots & Snap Peas Tropical Fruit Cup</p>	<p>7 <u>Birthdays Celebration</u> Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>8 Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, & Carrots Mixed Fruit Cup</p>	<p>9 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>10 Cod w/ Lemon Dill Sauce Garlic Roasted Potatoes Corn w/ Peppers & Onions Fresh Orange</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>13 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>14 Chicken Cacciatore Pasta Shells w/ Marinara Green & Waxed Beans Fresh Fruit</p>	<p>15 <u>Lucky Leprechaun Lunch</u> Corned Beef & Cabbage Steamed Parsley Potatoes Sliced Carrots Dinner Roll & Margarine Irish Soda Bread Apple Juice Ticket Cost: \$9.00</p>	<p>16 Pork Sausage & Gravy Herb Roasted Potatoes Broccoli Tropical Fruit Cup</p>	<p>17 Cheese Lasagna Roll-Ups Diced Carrots Lima Beans Pineapple Tidbits</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>20 Chicken Parmesan Pasta Shells w/ Marinara Zucchini & Yellow Squash Fresh Fruit</p>	<p>21 Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Applesauce Cup</p>	<p>22 Stuffed Chicken w/ Broccoli & Cheese Glazed Sweet Potatoes Green Beans Diced Peaches</p>	<p>23 Swedish Meatballs Penne Pasta Mixed Vegetables Medley Mandarin Oranges</p>	<p>24 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Sweet Treat Grape Juice</p> <p><u>Add-On: Chicken Noodle Soup</u></p>
<p>27 Chicken Fried Beef Steak Garlic Mashed Potatoes Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>28 Sloppy Joe w/ Bun Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>29 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice</p>	<p>30 Crispy Cod Macaroni & Cheese Peas & Pearl Onions Fresh Orange</p>	<p>31 Stuffed Shells w/ Marinara Green Beans Zucchini & Yellow Squash Diced Pears</p> <p><u>Add-On: Split Pea & Ham Soup</u></p>