

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, RD, MPH.



TVCCA SENIOR CAFÉ MENU~DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org	1 Swedish Meatballs Egg Noodles Brussels Sprouts Diced Peaches	2 Crispy Cod Macaroni & Cheese Broccoli Pears w/ Mandarin Oranges	3 Pork Sausage & Gravy Tater Tots Mixed Vegetables Medley Applesauce Cup	4 Ethnic Celebration French Style Chicken w/ Wine Sauce Turnips w/ Herbs Zucchini & Yellow Squash Sweet Treat Orange Juice
7 Beef Chili Loaded Mashed Potatoes Zucchini Corn w/ Peppers & Onions Diced Peaches	8 Western Omelet Sweet Potato Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup	9 Birthday Celebration Meatballs Marinara Penne Pasta Green & Waxed Beans Birthday Treat Grape Juice	10 Stuffed Chicken Cordon Bleu Mashed Potatoes Brussel Sprouts Diced Pears	11 Seafood Stew Steamed Rice Cauliflower, Carrots, & Snap Peas Fresh Orange
14 Stuffed Cod Herb Roasted Potatoes Broccoli Mixed Fruit Cup	15 Chicken Fajita w/ Cheddar Cheese Yellow Rice & Black Beans Zucchini Fresh Orange	Herb Roasted Prime Rib Garlic Roasted Potatoes Squash Mix w/ Carrots & String Beans Sweet Treat Apple Juice Ticket Cost: \$8.00	17 Chicken Cacciatore Pasta Shells w/ Herbs Peas Fruit Cocktail	18 Stuffed Shells w/ Marinara Green & Waxed Beans Carrot Coins Pears w/ Mandarin Oranges
21 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Brussel Sprouts Fresh Fruit	22 Salisbury Steak w/Gravy Mashed Potatoes Mixed Vegetables Medley Sweet Treat Grape Juice	Pancake w/ Turkey Sausage & Egg Sweet Potato Tater Tots Corn w/ Peppers & Onions Fruit Cocktail	24 Christmas Holiday	25 Christmas Day Holiday
			Senior Nutrition Program Closed	Senior Nutrition Program Closed
28 Braised Beef Tops Egg Noodles Zucchini & Yellow Squash Sweet treat Orange Juice	29 Stuffed Pepper Casserole Lima Beans Diced Carrots Tropical Fruit Cup	30 Pork Loin w/ Mushroom Gravy Rice Pilaf Green Beans Fresh Orange	Cheese Omelet Home Fries Broccoli Diced Peaches	1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.
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