



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, MPH, RD/LDN.

TVCCA CAFÉ MENU ~ JUNE 2024



MONDAY

3
Stuffed Chicken
Cordon Bleu
Rice Pilaf
Mixed Vegetables Medley
Sweet Treat
Orange Juice



TUESDAY

4
Beef Stroganoff
Gemelli Pasta
Green & Waxed Beans
Tropical Fruit Cup

WEDNESDAY

5
Crispy Cod
Macaroni & Cheese
Squash Mix w/ Carrots
& String Beans
Applesauce Cup

THURSDAY

6
Western Omelet
Sweet Potato Tater Tots
Peas & Pearl Onions
Diced Pears

FRIDAY

7
Vegetarian Lasagna
Diced Carrots
Broccoli
Fresh Fruit

Or Salad Choice:
Grilled Chicken Caesar Salad

10
Salisbury Steak w/ Gravy
Parsley Steamed Potatoes
Corn w/ Peppers & Onions
Fresh Orange

11
Whole Grain Fish Sticks
Tater Tots
Mixed Vegetables Medley
Applesauce Cup

12
Ethnic Celebration
Steamed Pork Dumplings
Steamed Rice
Broccoli, Peppers, & Mushrooms
Mandarin Oranges



13
Stuffed Shells w/ Marinara
Waxed Beans
Carrot Coins
Pineapple Tidbits



14
Birthday Celebration
Creamy Chicken Dijon
Garlic Mashed Potatoes
Squash Mix w/ Carrots
& String Beans
Birthday Treat
Grape Juice

Or Salad Choice:
Tuscan Beef Salad

17
Country Style Chicken
Buttermilk Mashed Potatoes
Zucchini, Peas, & Carrots
Fresh Orange



18
Father's Day BBQ Luncheon
Pulled Pork
Baked Beans
Potato Salad
Coleslaw, Lemonade
Berry Shortcake
Ticket Cost: \$9.00

19
**CSC closed
for the
Juneteenth Holiday**
(No Lunch Provided)

20
American Chop Suey
Snap Peas
Diced Carrots
Mixed Fruit Cup

21
Baked Cod w/ Herbs
& Tomatoes
Roasted Garlic Rice
Broccoli
Tropical Fruit Cup

Or Salad Choice:
Chef Salad

24
Cheese Omelet
Home Fries
Peas & Pearl Onions
Mandarin Oranges

25
Chicken Cacciatore
Penne Pasta
Cauliflower, Carrots, Snap Peas
Sweet Treat
Orange Juice

26
Beef and Bean Chili
Pasta Shells w/ Herbs
Mixed Vegetables Medley
Fresh Fruit

27
Pesto Grilled Chicken
Herb Roasted Potatoes
Broccoli, Peppers, & Mushrooms
Pineapple Tidbits



28
Beef Hot Dog w/ Bun
Baked Beans
Corn w/ Peppers & Onions
Applesauce Cup

Or Salad Choice:
Rhode Island Seafood Salad

**TVCCA
Senior Nutrition Program
81 Stockhouse Road
Bozrah, CT 06334
860-886-1720**

(24hr voice mail available)



FOOD ALLERGY WARNING:

Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.
Please advise a staff member of any food allergies prior to consumption of meals.

1% milk and whole grain bread are served with each meal.

Menu is subject to change without notice

