










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



By Fritz Ahlert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Stuffed Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Medley Sweet Treat Orange Juice</p> 	<p>4</p> <p>Beef Stroganoff Gemelli Pasta Green &amp; Waxed Beans Tropical Fruit Cup</p>	<p>5</p> <p>Crispy Cod Macaroni &amp; Cheese Squash Mix w/ Carrots &amp; String Beans Applesauce Cup</p>	<p>6</p> <p>Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Pears</p>	<p>7</p> <p>Vegetarian Lasagna Diced Carrots Broccoli Fresh Fruit <b><u>Or Salad Choice:</u></b> <b><i>Grilled Chicken Caesar Salad</i></b></p>
<p>10</p> <p>Salisbury Steak w/ Gravy Parsley Steamed Potatoes Corn w/ Peppers &amp; Onions Fresh Orange</p>	<p>11</p> <p>Whole Grain Fish Sticks Tater Tots Mixed Vegetables Medley Applesauce Cup</p>	<p>12</p> <p><b><u>Ethnic Celebration</u></b> Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, &amp; Mushrooms Mandarin Oranges</p> 	<p>13</p> <p>Stuffed Shells w/ Marinara Waxed Beans Carrot Coins Pineapple Tidbits</p> 	<p>14</p> <p><b><u>Birthday Celebration</u></b> Creamy Chicken Dijon Garlic Mashed Potatoes Squash Mix w/ Carrots &amp; String Beans Birthday Treat Grape Juice <b><u>Or Salad Choice:</u></b> <b><i>Tuscan Beef Salad</i></b></p>
<p>17</p> <p>Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, &amp; Carrots Fresh Orange</p> 	<p>18</p> <p><b><u>Father's Day BBQ Luncheon</u></b> Pulled Pork Baked Beans Potato Salad Coleslaw, Lemonade Berry Shortcake <b>Ticket Cost: \$9.00</b></p>	<p>19</p> <p><b>CSC closed for the Juneteenth Holiday (No Lunch Provided)</b></p>	<p>20</p> <p>American Chop Suey Snap Peas Diced Carrots Mixed Fruit Cup</p>	<p>21</p> <p>Baked Cod w/ Herbs &amp; Tomatoes Roasted Garlic Rice Broccoli Tropical Fruit Cup <b><u>Or Salad Choice:</u></b> <b><i>Chef Salad</i></b></p>
<p>24</p> <p>Cheese Omelet Home Fries Peas &amp; Pearl Onions Mandarin Oranges</p>	<p>25</p> <p>Chicken Cacciatore Penne Pasta Cauliflower, Carrots, Snap Peas Sweet Treat Orange Juice</p>	<p>26</p> <p>Beef and Bean Chili Pasta Shells w/ Herbs Mixed Vegetables Medley Fresh Fruit</p>	<p>27</p> <p>Pesto Grilled Chicken Herb Roasted Potatoes Broccoli, Peppers, &amp; Mushrooms Pineapple Tidbits</p> 	<p>28</p> <p>Beef Hot Dog w/ Bun Baked Beans Corn w/ Peppers &amp; Onions Applesauce Cup <b><u>Or Salad Choice:</u></b> <b><i>Rhode Island Seafood Salad</i></b></p>
<p><b>TVCCA</b> <b>Senior Nutrition Program</b> <b>81 Stockhouse Road</b> <b>Bozrah, CT 06334</b> <b>860-886-1720</b>  (24hr voice mail available)</p>		<p><b><u>FOOD ALLERGY</u></b> <b><u>WARNING:</u></b> 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 consumptions of meals.</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to change without notice</p> 	<p><b>PAGE 10</b></p>