



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 SENIOR CAFÉ MENU ~ MAY 2021




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 <u>Ethnic Celebration</u> Steak Fajita "Bowl" Yellow Rice & Black Beans Broccoli Tropical Fruit Cup</p>	<p>4 Stuffed Chicken Cordon Bleu Pasta Shells w/ Herbs Green Beans Sweet Treat Orange Juice</p>	<p>5 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup</p>	<p>6 Sweet & Sour Pork Steamed Rice Brussels Sprouts Diced Peaches</p>	<p>7 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Green & Yellow Squash Fresh Fruit</p>
<p>10 Chicken Parmesan Farfalle Pasta w/ Marinara Green & Waxed Beans Sweet Treat Grape Juice</p>	<p>11 Pork Sausage & Gravy Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>12 Meatballs Marinara Penne Pasta Brussels Sprouts Fresh Fruit</p>	<p>13 Cod w/ Lemon Dill Sauce Parsley Potatoes Corn w/ Onions & Peppers Mandarin Oranges</p>	<p>14 <u>TVCCA Employee Appreciation</u>  <u>Senior Nutrition Program Closed</u></p>
<p>17 Cheese Omelet Home Fries Mixed Vegetable Medley Fruit Cocktail</p>	<p>18 Swedish Meatballs Egg Noodles Peas & Pearl Onions Fresh Orange</p>	<p>19 Teriyaki Chicken w/ Broccoli Steamed Rice Corn w/ Onions & Peppers Mixed Fruit Cup</p>	<p>20 Italian Pork Sausage & Peppers Penne Pasta Zucchini, Peas, & Carrots Applesauce Cup</p>	<p>21 <u>Birthday Celebration</u> Creamy Dijon Chicken Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice</p>
<p>24 Crispy Cod Macaroni & Cheese Peas & Carrots Fresh Orange</p>	<p>25 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Mixed Vegetables Medley Fruit Cocktail</p>	<p>26 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Sweet Treat Apple Juice</p>	<p>27 Country Style Chicken Buttermilk Mashed Potatoes Green & Waxed Beans Pineapple Tidbits</p>	<p>28 Shrimp Stir-Fry Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges</p>
<p>31 <u>Memorial Day Holiday</u>  <u>Senior Nutrition Program Closed</u></p>			<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p>