

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~~APRIL 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org	1% Milk and Whole Grain bread are served with each meal. Menu is subject to change without notice.		1 Steak Fajita "Bowl" Spanish Rice Mixed Vegetables Medley Fresh Orange	Good Friday Holiday
5 Ethnic Celebration Sweet & Sour Pork Steamed Rice Broccoli Fruit Cocktail	6 Meatballs Marinara Egg Noodles Brussels Sprouts Fresh Fruit	7 Birthday Celebration Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice	8 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Green & Waxed Beans Diced Pears	9 Italian Pork Sausage & Peppers Penne Pasta Zucchini, Peas, & Carrots Mixed Fruit Cup
Salisbury Steak w/ Gravy Garlic Mashed Potatoes Corn w/ Onions & Peppers Fresh Orange	13 Stuffed Chicken w/ Broccoli & Cheese Pasta Shells w/ Herbs Green Beans Sweet Treat Grape Juice	14 Grilled Salmon Cilantro Lime Rice Broccoli, Waxed Beans, & Carrots Applesauce Cup	15 Stuffed Shells w/ Marinara Lima Beans Carrot Coins Pears w/ Mandarin Oranges	16 BBQ Pulled Pork w/ Bun Baked Beans Green & Yellow Squash Pineapple Tidbits
19 Chicken Cacciatore Farfalle Pasta w/ Marinara Green Beans Sweet Treat Apple Juice	20 Pork Sausage & Gravy Tater Tots Mixed Vegetables Medley Mandarin Oranges	21 Swedish Meatballs Egg Noodles Broccoli Diced Pears	22 Cod w/ Corn Salsa Rice Pilaf Zucchini, Peas, & Carrots Tropical Fruit Cup	23 Country Style Chicken Buttermilk Mashed Potatoes Brussels Sprouts Fresh Fruit
26 Western Omelette Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	27 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Peas & Pearl Onions Pineapple Tidbits	28 Cripsy Cod Macaroni & Cheese Green & Waxed Beans Fresh Orange	29 Teriyaki Chicken & Broccoli Steamed Rice Japanese Vegetable Blend Fruit Cocktail	30 Pub Burger w/ Bun Tater Tots Mixed Vegetables Medley Sweet Treat Prune Juice PAGE 10