



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 2021







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p> <p>www.tvcca.org</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p> 1 <u>Birthday Celebration</u> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Birthday Treat Grape Juice</p>	<p>2 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Broccoli Pineapple Tidbits</p> 	<p>3 Seafood Stew Steamed Rice Zucchini Mandarin Oranges</p> <p><u>Add-On: Minestrone Soup</u></p>
<p>6 Chicken Cacciatore Pasta Shells w/ Herbs Green Beans Tropical Fruit Cup</p>	<p>7 Pork Sausage & Gravy Tater Tots Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>8 Stuffed Cod w/ Shellfish Herb Roasted Potatoes Broccoli Mixed Fruit Cup</p> 	<p>9 Beef Chili Loaded Mashed Potatoes Zucchini Corn w/ Peppers & Onions Diced Peaches</p>	<p>10 Chicken Cordon Bleu Glazed Sweet Potatoes Green & Waxed Beans Sweet Treat Orange Juice</p> <p><u>Add-On: Split Pea & Ham Soup</u></p>
<p>13 Pork Stir Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>14 Crispy Cod Macaroni & Cheese Zucchini, Peas, & Carrots Applesauce Cup</p>	<p>15 <u>Holly Jolly Luncheon</u> Herb Roasted Prime Rib Garlic Roasted Potatoes Squash Mix w/ Carrots & String Beans Assorted Holiday Cookies Apple Juice Cost: \$8.00</p>	<p>16 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Mixed Fruit Cup</p>	<p>17 Swedish Meatballs Egg Noodles Green & Yellow Squash Fresh Orange</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>20 Stuffed Pepper Casserole Lima Beans Carrot Coins Fresh Fruit</p>	<p>21 <u>Ethnic Celebration</u> Chicken Fajita "Bowl" w/ cheddar cheese Spanish Rice Mixed Vegetables Medley Sweet Treat Grape Juice</p>	<p>22 Salisbury Steak w/Gravy Egg Noodles Peas & Pearl Onions Applesauce Cup</p> 	<p>23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Diced Pears</p>	<p> Christmas Holiday</p> <p><u>Senior Nutrition Program Closed</u></p>
<p>27 Cheese Manicotti w/ Marinara Broccoli Diced Carrots Sweet Treat Apple Juice</p>	<p>28 Braised Beef Tips Mashed Potatoes Corn w/ Peppers & On Mixed Fruit Cup</p> 	<p>29 French Style Chicken w/ Wine Sauce Turnips w/ Herbs Zucchini & Yellow Squash Fresh Orange</p>	<p>30 <u>New Years Brunch N Bash</u> Broccoli, Bacon & Cheese Quiche Turkey Sausage Patties Home Fries, Fruit Salad, Orange Juice Cost: \$8.00</p>	<p> New Year's Holiday</p> <p><u>Senior Nutrition Program Closed</u></p>