



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 ~ JUNE 2023




**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><u>TVCCA</u> Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720  (24hr voice mail available)</p>	<p>1% milk and whole grain bread are served with each meal.  Menu is subject to change without notice.</p>		<p>1 Baked Cod w/ Herbs &amp; Tomatoes Rice Pilaf Broccoli Tropical Fruit Cup</p>	<p>2 Chicken Fried Beef Steak Buttermilk Mashed Potatoes Green &amp; Yellow Squash Fresh Fruit  <u>Or Salad Choice:</u> Grilled Chicken Caesar Salad</p>
<p>5 BBQ Pulled Pork w/ Bun Baked Beans Corn w/ Onions &amp; Peppers Mandarin Oranges</p>	<p>6 <u>Birthday Celebration</u> Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots &amp; String Beans Birthday Treat Grape Juice</p>	<p>7 Beef and Bean Chili Pasta Shells w/ Herbs Green Beans Fresh Orange</p>	<p>8 Stuffed Chicken Cordon Bleu Roasted Garlic Rice Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>9 Crispy Cod Macaroni &amp; Cheese Zucchini, Peas, and Carrots Applesauce Cup  <u>Or Salad Choice:</u> Tuscan Beef Salad</p>
<p>12 Pesto Grilled Chicken Rice Pilaf Soybean Succotash Sweet Treat Apple Juice</p>	<p>13 Italian Pork Sausage &amp; Peppers w/ Mozzarella Cheese Grinder Roll Green &amp; Waxed Beans Fresh Fruit</p>	<p>14 Country Style Chicken Parsley Steamed Potatoes Corn w/ Onions &amp; Peppers Diced Peaches</p>	<p>15 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, &amp; Mushrooms Pineapple Tidbits</p>	<p>16 Vegetarian Lasagna Diced Carrots Snap Peas Mixed Fruit Cup  <u>Or Salad Choice:</u> Chef Salad</p>
<p>19 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Broccoli Fresh Fruit</p>	<p>20 Beef Hot Dog w/ Bun Baked Beans Cauliflower, Carrots, &amp; Snap Peas Applesauce Cup</p>	<p>21 <u>Fintastic Father's Day Lunch</u> BBQ Chicken Baked Beans Coleslaw Rolls &amp; Butter Strawberry Shortcake Ticket Cost: \$9.00</p>	<p>22 Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Mixed Fruit Cup</p>	<p>23 <u>Ethnic Celebration</u> Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, &amp; Mushrooms Sweet Treat Orange Juice  <u>Or Salad Choice:</u> Taco Salad</p> 
<p>26 Cheese Manicotti w/ Marinara Lima Beans Green &amp; Yellow Squash Pineapple Tidbits</p>	<p>27 Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Diced Peaches</p>	<p>28 Pub Burger w/ Bun Herb Roasted Potatoes Soybean Succotash Sweet Treat Grape Juice</p> 	<p>29 American Chop Suey Waxed Beans Carrot Coins Fresh Orange</p>	<p>30 Chicken Cacciatore Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup  <u>Or Salad Choice:</u> Rhode Island Seafood Salad</p>