












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 ~ JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <i>New Year Holiday</i></p>  <p>CSC Closed</p>	<p>3 Country Fried Beef Steak Buttermilk Mashed Potatoes Mixed Vegetables Medley Applesauce Cup</p>	<p>4 Stuffed Chicken Kiev Roasted Garlic Rice Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>5 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Green & Waxed Beans Pineapple Tidbits</p> 	<p>6 Chicken Marsala Rice Pilaf Zucchini, Peas & Carrots Sweet Treat Apple Juice</p> <p>Add-On: Corn Chowder Soup</p>
<p>9 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Peaches</p>	<p>10 Chicken Parmesan Farfalle Pasta w/ Marinara Zucchini & Yellow Squash Fresh Fruit</p>	 <p>11 Birthdays Celebration Beef Stew Steamed Parsley Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>12 American Chop Suey Diced Carrots Snap Peas Tropical Fruit Cup</p>	<p>13 Cod w/ Lemon Dill Sauce Garlic Roasted Potatoes Corn w/ Peppers & Onions Mixed Fruit Cup</p> <p>Add-On: Minestrone Soup</p>
<p>16 <i>Dr. Martin Luther King Jr. Holiday</i></p>  <p>CSC Closed</p>	<p>17 Ethnic Celebration Cuban Pulled Pork Spanish Rice Cauliflower, Carrots, & Snap Peas Sweet Treat Grape Juice</p>	<p>18 Snowflake Social Luncheon Meatloaf w/ Gravy Mashed Potatoes Sugar Snap Peas Cookies Juice Ticket Cost \$9.00</p> 	<p>19 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p> 	<p>20 Cheese Lasagna Roll-Ups Carrot Coins Broccoli Fresh Fruit</p> <p>Add-On: Broccoli, Potato, & Cheddar Soup</p>
<p>23 Chinese New Year Celebration Chicken & Mixed Vegetables Beef & Broccoli Vegetable Lo Mein Pork Fried Rice Steamed White Rice Eggrolls Ticket Cost: \$15.00</p>	<p>24 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Diced Pears</p> 	<p>25 Swedish Meatballs Egg Noodles Zucchini & Yellow Squash Sweet Treat Grape Juice</p>	<p>26 Cheese Omelet Home Fries Broccoli Tropical Fruit Cup</p>	<p>27 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Vegetables Medley Applesauce Cup</p> <p>Add-On: Chicken Noodle Soup</p>
<p>30 Chicken Cacciatore Pasta Shells w/ Marinara Green & Waxed Beans Sweet Treat Apple Juice</p> 	<p>31 Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p>	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice</p> 	<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p>www.tvcca.org</p>	<p><u>Inclement Weather Watcher</u> If severe inclement weather is in the forecast, delivery schedules are subject to change.</p> <p>Inclement weather closings will be announced on local radio stations and TV Channels 3 & 8.</p>