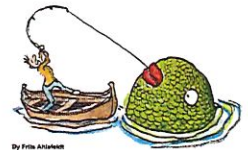




TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.

TVCCA SENIOR CAFÉ MENU ~ JUNE 2021






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA</u> Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>(24hr voice mail available)</p>	<p>1 Stuffed Chicken Kiev Herb Roasted Potatoes Green Beans Sweet Treat Prune Juice</p>	<p>2 Meatballs Marinara Penne Pasta Brussels Sprouts Fresh Fruit</p> 	<p>3 Baked Cod w/ Corn Salsa Rice Pilaf Zucchini, Peas, & Carrots Pineapple Tidbits</p>	<p>4 Pork Sausage & Gravy Tater Tots Broccoli Fruit Cocktail</p>
<p>7 Chicken Fajita "Bowl" Spanish Rice Squash Mix w/ Carrots & String Beans Sweet Treat Apple Juice</p>	<p>8 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Mixed Vegetables Medley Pineapple Tidbits</p>	<p>9 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup</p>	<p>10 BBQ Pulled Pork w/ Bun Baked Beans Green & Yellow Squash Diced Pears</p>	<p>11 Swedish Meatballs Egg Noodles Zucchini, Peas, & Carrots Fresh Orange</p>
<p>14 Western Omelet Sweet Potato Hash Peas & Pearl Onions Mixed Fruit Cup</p> <p> HAPPY FATHER'S DAY</p>	<p>15 Sweet & Sour Pork Steamed Rice Japanese Vegetable Blend Fresh Fruit</p>	<p>16 <u>Birthday Celebration</u> Creamy Chicken Dijon Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice</p>	<p>17 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Fruit Cocktail</p>	<p>18 Shrimp Stir-Fry Steamed Rice Green Beans Pears w/ Mandarin Oranges</p>
<p>21 Stuffed Shells w/ Marinara Lima Beans Carrot Coins Fresh Orange</p>	<p>22 Country Style Chicken Buttermilk Mashed Potatoes Green & Yellow Squash Mixed Fruit Cup</p>	<p>23 Italian Pork Sausage & Peppers Penne Pasta Green & Waxed Beans Diced Peaches</p>	<p>24 Crispy Cod Macaroni & Cheese Zucchini, Peas, & Carrots Mandarin Oranges</p>	<p>25 Pub Burger w/ Bun Baked Beans Corn w/ Peppers & Onions Sweet Treat Grape Juice</p>
<p>28 <u>Ethnic Celebration</u> Teriyaki Chicken & Broccoli Steamed Rice Japanese Vegetable Blend Pears & Mandarin Oranges</p> 	<p>29 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Squash Mix w/ Carrots & String Beans Diced Peaches</p>	<p>30 Chicken Cacciatore Farfalle Pasta w/ marinara Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to change without notice.</p>	