



TVCCA SENIOR CAFE MENU ~ NOVEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (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 Swedish Meatballs Egg Noodles Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>2 Pineapple Glazed Ham Glazed Sweet Potatoes Broccoli Fresh Fruit</p>	<p>3 <u>Birthday Celebration</u> Chicken Marsala Rice Pilaf Corn w/ Peppers & Onions Birthday Treat Grape Juice</p> 
<p>6 Chicken Cordon Bleu Lemon Parmesan Pasta Green & Waxed Beans Sweet Treat Orange Juice</p>	<p>7 Stuffed Shells w/ Marinara Diced Carrots Peas & Pearl Onions Pineapple Tidbits</p>	<p>8 Baked Cod w/ Lemon Dill Sauce Parsley Steamed Potatoes Squash Mix w/ Carrots & String Beans Fresh Fruit</p>	<p>9 Steamed Pork Dumplings Jasmine Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges</p>	<p>10 <u>Veteran's Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>
<p>13 Braised Beef Tips Herb Roasted Potatoes Soybean Succotash Tropical Fruit Cup</p>	<p>14 Chicken Parmesan Farfalle Pasta w/ Marinara Green & Yellow Squash Diced Pears</p>	<p>15 <u>Thanksgiving Celebration Meal</u> Roasted Turkey w/ Stuffing, Gravy, & Cranberry Sauce Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie Grape Juice Ticket Cost: \$9.00</p> 	<p>16 Whole Grain Fish Sticks Tater Tots Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>17</p> <p>NO LUNCH SERVED TODAY</p> <p>(CSC Setup for Holiday Fair)</p>
<p>20 Vegetarian Lasagna Carrot Coins Peas Applesauce Cup</p>	<p>21 Stuffed Cabbage Casserole Waxed Beans Corn w/ Peppers & Onions Fresh Fruit</p>	<p>22 Western Omelet Sweet Potato Tater Tots Cauliflower, Carrots, & Snap Peas Diced Peaches</p>	<p>23 <u>Thanksgiving Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>24 <u>Thanksgiving Holiday</u></p> <p>Senior Nutrition Program Closed</p>
<p>27 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>28 <u>Ethnic Celebration</u> Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice</p>	<p>29 Country Style Chicken Home Fries Soybean Succotash Mixed Fruit Cup</p>	<p>30 American Chop Suey Snap Peas Diced Carrots Applesauce Cup</p>	<p>PAGE 10</p>