



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 2022



MONDAY

3
Crispy Cod
Macaroni & Cheese
Squash Mix w/ Carrots & String Beans
Pineapple Tidbits



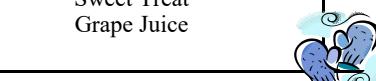
10
Ethnic Celebration
Cuban Pulled Pork
Spanish Rice
Cauliflower, Carrots & Snap Peas
Tropical Fruit Cup

TUESDAY

4
Italian Pork Sausage & Peppers
Penne Pasta w/ Herbs
Snap Peas
Diced Peaches



11
Stuffed Chicken Kiev
Garlic Roasted Potatoes
Green & Waxed Beans
Sweet Treat
Grape Juice



WEDNESDAY

5
Salisbury Steak w/ Gravy
Mashed Potatoes
Corn w/ Peppers & Onions
Fresh Fruit



12
Whole Grain Fish Sticks
Tater Tots
Broccoli, Peppers, & Mushrooms
Mandarin Oranges



THURSDAY

6
Philly Cheesesteak w/ Roll
Sweet Potato Tater Tots
Peas & Pearl Onions
Diced Pears



7
Birthday Celebration
Chicken Parmesan
Farfalle Pasta w/ Marinara
Green & Yellow Squash
Birthday Treat
Orange Juice
Add-On: Broccoli, Potato, & Cheddar Soup



FRIDAY

14
Beef Stew
Steamed Parsley Potatoes
Broccoli
Fresh Fruit

Add-On: Chicken Noodle Soup

17
Dr. Martin Luther King Jr. Holiday



Program Closed

18
Swedish Meatballs
Egg Noodles
Zucchini, Peas, & Carrots
Fresh Orange

17
Dr. Martin Luther King Jr. Holiday



Program Closed

19
New Year Celebration Meal
Meat Lasagna
Green Beans & Yellow Squash
Dinner Roll & margarine
Pudding
Apple Juice
Ticket Cost: \$9.00

17
Dr. Martin Luther King Jr. Holiday



Program Closed

20
Pork Sausage & Gravy
Tater Tots
Broccoli
Tropical Fruit Cup



21
Stuffed Shells w/ Marinara
Carrot Coins
Waxed Beans
Pineapple Tidbits

Add-On: Split Pea & Ham Soup

24
Chicken Marsala
Rice Pilaf
Zucchini
Fresh Orange

25
Cheese Pierogis
Farro (Wheat Grain
w/ Roasted Vegetables)
Green & Yellow Squash
Diced Peaches



26
Country Style Chicken
Buttermilk Mashed Potatoes
Corn w/ Peppers & Onions
Sweet Treat
Grape Juice

Senior Nutrition Program
81 Stockhouse Road
Bozrah, CT 06334
860-886-1720

(24hr voice mail available)

31
American Chop Suey
Diced Carrots
Snap Peas
Sweet Treat
Orange Juice

1% milk and whole grain bread
served with each meal. Menu is
subject to change without notice.

Inclement weather watcher.
If severe inclement weather is in the
forecast, lunch program is subject
to change.

**Inclement weather closings will be
announced on local radio
stations and TV Channels 3 & 8.**

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