



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Crispy Cod Macaroni & Cheese Squash Mix w/ Carrots & String Beans Pineapple Tidbits	4 Italian Pork Sausage & Peppers Penne Pasta w/ Herbs Snap Peas Diced Peaches	5 Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Fresh Fruit	6 Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears	7  <u>Birthday Celebration</u> Chicken Parmesan Farfalle Pasta w/ Marinara Green & Yellow Squash Birthday Treat Orange Juice <u>Add-On: Broccoli, Potato, & Cheddar Soup</u>
10 Ethnic Celebration Cuban Pulled Pork Spanish Rice Cauliflower, Carrots & Snap Peas Tropical Fruit Cup	 11 Stuffed Chicken Kiev Garlic Roasted Potatoes Green & Waxed Beans Sweet Treat Grape Juice	12 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Mandarin Oranges	13 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup	14 Beef Stew Steamed Parsley Potatoes Broccoli Fresh Fruit <u>Add-On: Chicken Noodle Soup</u>
17 Dr. Martin Luther King Jr. Holiday  Program Closed	18 Swedish Meatballs Egg Noodles Zucchini, Peas, & Carrots Fresh Orange	 19 <u>New Year Celebration Meal</u> Meat Lasagna Green Beans & Yellow Squash Dinner Roll & margarine Pudding Apple Juice Ticket Cost: \$9.00	20 Pork Sausage & Gravy Tater Tots Broccoli Tropical Fruit Cup	21 Stuffed Shells w/ Marinara Carrot Coins Waxed Beans Pineapple Tidbits <u>Add-On: Split Pea & Ham Soup</u>
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	27 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Applesauce Cup	28 Sloppy Joe w/ Bun Sweet Potato Tater Tots Peas & Pearl Onions Mixed Fruit Cup <u>Add-On: Minestrone Soup</u>
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. 	Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)	 <u>Inclement weather watcher.</u> 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.	