



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 CAFÉ MENU ~ MAY 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FOOD ALLERGY WARNING:

Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.

Please advise a staff member of any food allergies prior to consumptions of meals.

TVCCA Senior Nutrition Program

**81 Stockhouse Road
Bozrah, CT 06334
860-886-1720**

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

**6**

Western Omelet  
Sweet Potato Tater Tots  
Peas & Pearl Onions  
Sweet Treat  
Grape Juice



**7**

Beef & Bean Chili  
Pasta Shells w/ Herbs  
Mixed Vegetables Medley  
Fresh Fruit

**8**

Shrimp Stir-Fry  
Steamed Rice  
Asian Vegetable Blend  
Mandarin Oranges

**9**

Stuffed Shells w/ Marinara  
Carrot Coins  
Waxed Beans  
Applesauce Cup



**10**

Country Style Chicken  
Buttermilk Mashed Potatoes  
Green & Yellow Squash  
Diced Pears

**13**

Stuffed Chicken  
w/ Broccoli & Cheese  
Herb Roasted Potatoes  
Green Beans  
Fresh Orange



**14**

Vegetarian Lasagna  
Diced Carrots  
Snap Peas  
Tropical Fruit Cup



**15**

#### **There's No Place Like Home Lunch**

Meatloaf with Gravy  
Mashed Potatoes  
Sugar Snap Peas  
Roll & Margarine  
Juice  
Cookies  
**Ticket Cost: \$9.00**

**16**

Crispy Cod  
Macaroni & Cheese  
Broccoli  
Diced Pears

**17**

**Angelo's Stuffed Bread Lunch**  
2 Slices of Assorted  
Angelo's Stuffed Bread  
Garden Salad with Dressing  
Can of Soda or Bottle of Water  
Cookie  
**Ticket Cost: \$9.00**

**20**

Meatballs Marinara  
Penne Pasta  
Cauliflower, Carrots, & Snap Peas  
Diced Peaches

**21**

**Ethnic Celebration**  
Steamed Pork Dumplings  
Steamed Rice  
Broccoli, Peppers, & Mushrooms  
Sweet Treat  
Orange Juice



**22**

Pot Roast w/ Gravy  
Parsley Steamed Potatoes  
Corn w/ Peppers & Onions  
Pineapple Tidbits

**23**

Cheese Omelet  
Home Fries  
Squash Mix w/ Carrots  
& String Beans  
Mixed Fruit Cup

**24**

Salisbury Steak w/ Gravy  
Gemelli Pasta  
Broccoli  
Fresh Fruit

**27**

#### **Memorial Day Holiday**



**Senior Nutrition Program Closed**

**28**

#### **Memorial Day Picnic from Harry's**

Your choice of: Hamburger,  
Cheeseburger or Hot Dog  
Fries & Onion Rings  
Can of Soda or Bottle of Water  
Cupcake  
**Ticket Cost: \$9.00**

**29**

Pineapple Glazed Ham  
Glazed Sweet Potatoes  
Green & Waxed Beans  
Diced Peaches



**30**

American Chop Suey  
Carrot Coins  
Peas & Pearl Onions  
Fresh Orange

**31**

Whole Grain Fish Sticks  
Tater Tots  
Broccoli, Peppers, & Mushrooms  
Sweet Treat  
Apple Juice