



TVCCA SENIOR CAFE MENU ~ NOVEMBER 2022









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p>2 Salisbury Steak w/ Gravy Herb Roasted Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup</p>	<p>3 Crispy Cod Macaroni & Cheese Broccoli Diced Peaches</p> 	<p>4 Stuffed Chicken Cordon Bleu Buttermilk Mashed Potatoes Zucchini & Yellow Squash Sweet Treat Apple Juice</p> <p><u>Add-On: Corn Chowder Soup</u></p>
<p>7 Chicken Cacciatore Farfalle Pasta w/ Marinara Green & Waxed Beans Fresh Fruit</p>	<p>8 <u>Birthday Celebration</u> Stuffed Cabbage Casserole Peas Carrot Coins Birthday Treat Grape Juice</p> 	<p>9 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>10 Meatballs Marinara Penne Pasta Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>11 <u>Veterans Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>
<p>14 Stuffed Shells w/ Marinara Lima Beans Carrot Coins Pineapple Tidbits</p>	<p>15 Braised Beef Tips Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup</p> 	<p>16 <u>Thankful Table Thanksgiving</u> Roasted Turkey w/ Stuffing, Gravy, & Cranberry Sauce Mashed Potatoes, Green Beans Dinner Roll, Pumpkin Pie Grape Juice Ticket Cost: \$9.00</p>	<p>17 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p>	<p>18 Swedish Meatballs Egg Noodles Squash Mix w/ Carrots & String Beans Fresh Orange</p> <p><u>Add-On: Broccoli, Potato, & Cheddar Soup</u></p>
<p>21 Ethnic Celebrations Chicken Fajita w/ Cheddar Cheese Spanish Rice Mixed Vegetable Medley Sweet Treat Orange Juice</p> 	<p>22 Cod w/ Herbs & Tomatoes Garlic Roasted Potatoes Broccoli Fresh Fruit</p>	<p>23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>24 <u>Thanksgiving Holiday</u></p>  <p>CSC Closed</p>	<p>25 <u>Thanksgiving Holiday</u></p> <p>CSC Closed</p>
<p>28 Country Friend Beef Steak Herb Roasted Potatoes Zucchini & Yellow Squash Diced Pears</p>	<p>29 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Diced Peaches</p>	<p>30 Stuffed Cod w/ Shellfish Rice Pilaf Cauliflower, Carrots, & Snap Peas Fresh Orange</p>	<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>PAGE 10</p>