



TVCCA SENIOR CAFÉ MENU ~ JULY 2022









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 860-886-1720</p> <p>(24hr voice mail available). www.tvcca.org</p>	<p>1% milk and Whole Grain Bread served with each meal.</p> <p>Menu is subject to change without notice.</p>			<p>1 Cod w/ Lemon Dill Sauce Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits</p> <p><u>Or Salad Choice:</u> Waldorf Chicken Salad</p>
<p>4 <u>Senior Nutrition Program Closed</u> <u>Independence Day Holiday</u></p>  <p>Happy 4th of July!</p>	<p>5 <u>Birthday Celebration</u> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green & Waxed Beans Birthday Treat Grape Juice</p> 	<p>6 Salisbury Steak w/ Gravy Parsley Potatoes Zucchini, Peas, & Carrots Applesauce Cup</p>	<p>7 <u>Ethnic Celebration</u> Shrimp Stir Fry Steamed rice Asian Vegetable Blend Mandarin Oranges</p>	<p>8 Chicken Primavera Lemon Parmesan Pasta Corn w/ Onions & Peppers Fresh Orange</p> <p><u>Or Salad Choice:</u> Taco Salad</p> 
<p>11 Cheese Omelet Home Fries Mixed Vegetables Medley Sweet Treat Orange Juice</p>	<p>12 Italian Pork Sausage & Peppers Penne Pasta w/ Marinara Squash Mix w/ Carrots & String Beans Fresh Fruit</p> 	<p>13 Country Style Chicken Buttermilk Mashed Potatoes Green Beans Tropical Fruit Cup</p>	<p>14 Philly Cheesesteak w/ Roll Herb Roasted Potatoes Cauliflower, Carrots, & Snap Peas Applesauce Cup</p>	<p>15 Crispy Cod Macaroni & Cheese Zucchini Mandarin Oranges</p> <p><u>Or Salad Choice:</u> Chef Salad</p>
<p>18 Swedish Meatballs Pasta Shells w/ Herbs Green & Yellow Squash Fresh Fruit</p> 	<p>19 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup</p>	<p>20 <u>July Celebration Meal</u> Hamburger w/ Bun Lettuce, Tomato, Cheese Potato Salad, Coleslaw "Red, White & Blue" Berry Shortcake Orange Juice Ticket Cost: \$9.00</p> 	<p>21 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p>	<p>22 Steak Fajitas w/ cheddar cheese Spanish Rice Broccoli Mixed Fruit Cup</p> <p><u>Or Salad Choice:</u> Classic Egg Salad</p>
<p>25 Stuffed Chicken Kiev Rice Pilaf Corn w/ Onions & Peppers Mandarin Oranges</p>	<p>26 Beef Hot Dog w/ Bun Baked Beans Zucchini & Yellow Squash Pineapple Tidbits</p> 	<p>27 Stuffed Cabbage Casserole Peas Waxed Beans Diced Peaches</p>	<p>28 Pork Sausage & gravy Home Fries Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>29 Cheese Manicotti w/ marinara Green Beans Carrot Coins Sweet Treat Apple Juice</p> <p><u>Or Salad Choice:</u> Grilled Chicken Caesar Salad</p>