



TVCCA SENIOR CAFÉ MENU ~OCTOBER 2022





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Chicken Cordon Bleu Buttermilk Mashed Potatoes Zucchini & Yellow Squash Diced Pears</p>	<p>4 Pork Taco Bowl Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p>5 Stuffed Shells w/ marinara Lima Beans Diced Carrots Fresh Orange</p>	<p>6 Crispy Cod Macaroni & Cheese Broccoli Mixed Fruit Cup</p>	<p>7 <u>Birthdav Celebration</u> Braised Beef Tips Mashed Potatoes Peas & Carrots Birthday Treat Orange Juice</p>
<p>10 <u>Columbus Day Holiday</u>  <i>CSC Closed</i></p>	<p>11 Stuffed Chicken w/ Broccoli & Cheese Lemon Parmesan Pasta Green & Waxed Beans Sweet Treat Grape Juice</p>	<p>12 Stuffed Cabbage Casserole Peas Carrot Coins Tropical Fruit Cup</p>	<p>13 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>14 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Fresh Fruit</p>
<p>17 Cod w/ Herbs & Tomatoes Rice Pilaf Broccoli Fresh Orange</p>	<p>18 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Tropical Fruit Cup</p>	<p>19 <u>OKTOBERFEST</u> Bratwurst w/ Sauerkraut German Potato Salad Red Cabbage Dinner Roll w/ margarine Pumpkin Donuts Apple Juice Ticket Cost: \$9.00</p>	<p>20 Salisbury Steak w/ Gravy Herb Roasted Potatoes Corn w/ Peppers & Onions Pineapple Tidbits</p>	<p>21 Chicken Cacciatore Pasta Shells w/ Marinara Zucchini Mixed Fruit Cup</p>
<p>24 Cheese Manicotti w/ Marinara Green Beans Carrot Coins Sweet Treat Grape Juice</p>	<p>25 Country Fried Beef Steak Buttermilk Mashed Potatoes Zucchini & Yellow Squash Fresh Fruit</p>	<p>26 Stuffed Chicken Kiev Lemon Parmesan Pasta Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>27 Pork Sausage & Gravy Tater Tots Broccoli Diced Pears</p>	<p>28 Stuffed Cod w/ Shellfish Roasted Garlic Rice Green & Waxed Beans Applesauce Cup</p>
<p>31 HALLOWEEN PIZZA PARTY 2 slices Pizza in assorted flavors Garden Salad with Dressing Can of Soda Spooky Dessert Ticket Cost: \$7.00</p>	<p> </p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>	<p><u>Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available) www.tvcca.org</p>	<p> PAGE 10</p>