






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, RD, MPH.



TVCCA CAFÉ MENU (No Mondays) ~ OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>	<p>2</p> <p>Chicken Cacciatore Pasta Shells w/ marinara Zucchini, Peas & Carrots Sweet Treat & Juice</p>	<p>3</p> <p>Swedish Meatballs Egg Noodles Corn w/ Peppers & Onions Fresh Orange</p> <p><u>Add-On: Chicken Noodle Soup</u></p>	<p>4</p> <p>Baked Haddock w/ salsa Rice Pilaf Green Beans Pineapple Tidbits</p>	<p>5</p> <p>Boneless Pork Loin w/ Roasted Apples Israeli Couscous Snap Peas Applesauce</p> <p><u>Add-On: French Onion Soup</u></p>
<p>8</p> <p><u>Columbus Day Holiday</u> <i>Program closed</i></p> 	<p>9</p> <p>Stuffed Shells w/ marinara Dill Carrot Coins Broccoli Fresh Fruit</p>	<p>10</p> <p>Spanish Style Pork Yellow Rice & Black Beans Mixed Vegetable Medley Applesauce</p> <p><u>Add-On: Chicken Noodle Soup</u></p>	<p>11</p> <p>Pot Roast w/ gravy Mashed Potatoes Zucchini, Peas & Carrots Fruit Cocktail</p>	<p>12</p> <p>Chicken Sausage & Peppers Bow Tie Pasta w/ marinara Green Beans Sweet Treat & Juice</p> <p><u>Add-On: Vegetarian Bean & Kale Soup</u></p>
<p>15</p>	<p>16</p> <p>Western Omelet Tater Tots Peas & Pearl Onions Fruit Cocktail</p>	<p>17</p> <p><u>October Celebration Meal</u> Meat Lasagna Broccoli Tossed Salad & whole wheat roll Warm Donuts & Juice</p> <p><u>Add-On: Chicken Noodle Soup</u></p>	<p>18</p> <p>Crispy Cod Patty Macaroni & Cheese Mixed Vegetable Medley Applesauce</p>	<p>19</p> <p>Philly Cheese Steak w/ roll Garlic Roasted Potatoes Squash Mix w/ Carrots & String Beans Fruit Cocktail</p> <p><u>Add-On: Chicken Tortilla Soup</u></p>
<p>22</p>	<p>23</p> <p>Herb & Tomatoes Haddock Penne Pasta w/ marinara Green Beans Applesauce</p>	<p>24</p> <p><u>Birthday Celebration</u> Chicken Masala Rice Pilaf Peas & Carrots Birthday Sweet Grape Juice</p> <p><u>Add-On: Chicken Noodle Soup</u></p>	<p>25</p> <p>Cheese Omelet Home Fries Stewed Tomatoes Pineapple Tidbits</p>	<p>26</p> <p><u>Ethnic Celebration</u> Teriyaki Beef Steamed Rice Japanese Vegetable Blend Fresh Orange</p> <p><u>Add-On: Cheese Tortellini Soup</u></p>
<p>29</p>	<p>30</p> <p>BBQ Pulled Pork on roll Herb Roasted Potatoes Corn w/ Peppers & Onions Diced Peaches</p>	<p>31</p> <p>Meatloaf w/ gravy Garlic Mashed Potatoes Green Beans Sweet Treat & Juice</p> <p><u>Add-On: Chicken Noodle Soup</u></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</p> <p>(24hr voice mail available) www.tvcca.org</p>