



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 Maraiah Popeleski, RDN.



TVCCA SENIOR CAFE MENU- AUGUST 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720</p> <p>72 hours notice is appreciated (24hr voice mail available)</p>	<p><i>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</i></p> 	<p>1 BBQ Pulled Pork w/ bun Baked Beans Peas & Carrots Pears w/ mandarin oranges</p> <p>Or: Salad Choice: Classic Egg Salad</p>	<p>2 Cheese Omelet Roasted Potatoes w/ peppers & onions Stewed Tomatoes Fresh Fruit</p>	<p>3</p>
<p>6</p>	<p>7 Western Omelet Home Fries Peas & Pearl Onions Sweet Treat & Juice</p> 	<p>8 Meatloaf w/ gravy Garlic Mashed Potatoes Chopped Broccoli Fresh Orange</p> <p>Or: Salad Choice: Vegetarian Hummus Salad</p>	<p>9 Herb & Tomatoes Haddock Oven Roasted Potatoes Capri Vegetable Medley Fruit Cocktail</p>	<p>10</p>
<p>13</p>	<p>14 Pub Burger w/ bun Herb Roasted Potatoes Capri Vegetable Medley Pineapple Tidbits</p> 	<p>15 Chicken Stew w/ diced vegetables Parsley Potatoes Green Beans Sweet Treat & Juice</p> <p>Or: Salad Choice: Tuna, Tomato & Tarragon Salad</p>	<p>16 Asian Beef & Broccoli Steamed Rice Oriental Vegetable Blend Pears w/ mandarin oranges</p>	<p>17</p>
<p>20</p>	<p>21 Stuffed Chicken w/ broccoli & cheese Rice Pilaf Green Beans Fruit Cocktail</p>	<p>22 <i>Summer Celebration meal</i> Smoked Beef Brisket w/ biscuit Corn on the Cobb Coleslaw Blueberry Cobbler & Juice</p> <p>Or: Salad Choice: Mediterranean Salad w/ grilled salmon</p>	<p>23 Ethnic Celebration Chicken Soft Tacos w/ cheddar cheese & flour tortilla Spanish Rice Mixed Vegetables Applesauce Cup</p>	<p>24</p>
<p>27</p>	<p>28 Meatballs Grinder w/ 6" sub roll & mozzarella cheese Zucchini & Yellow Squash Fresh Orange</p>	<p>29 Crispy Cod Patty Macaroni & Cheese Scandinavian Vegetable Blend Sweet Treat & Juice</p> <p>Or: Salad Choice: Grilled Chicken Caesar Salad</p>	<p>30 Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Diced Peaches</p> 	<p>31</p>