



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><b>1</b> BBQ Pulled Pork w/ bun Baked Beans Peas &amp; Carrots Pears w/ mandarin oranges</p> <p><b>Or: Salad Choice:</b> <b>Classic Egg Salad</b></p>	<p><b>2</b> Cheese Omelet Roasted Potatoes w/ peppers &amp; onions Stewed Tomatoes Fresh Fruit</p>	<p><b>3</b></p>
<p><b>6</b></p>	<p><b>7</b> Western Omelet Home Fries Peas &amp; Pearl Onions Sweet Treat &amp; Juice</p> 	<p><b>8</b> Meatloaf w/ gravy Garlic Mashed Potatoes Chopped Broccoli Fresh Orange</p> <p><b>Or: Salad Choice:</b> <b>Vegetarian Hummus Salad</b></p>	<p><b>9</b> Herb &amp; Tomatoes Haddock Oven Roasted Potatoes Capri Vegetable Medley Fruit Cocktail</p>	<p><b>10</b></p>
<p><b>13</b></p>	<p><b>14</b> Pub Burger w/ bun Herb Roasted Potatoes Capri Vegetable Medley Pineapple Tidbits</p> 	<p><b>15</b> Chicken Stew w/ diced vegetables Parsley Potatoes Green Beans Sweet Treat &amp; Juice</p> <p><b>Or: Salad Choice:</b> <b>Tuna, Tomato &amp; Tarragon Salad</b></p>	<p><b>16</b> Asian Beef &amp; Broccoli Steamed Rice Oriental Vegetable Blend Pears w/ mandarin oranges</p>	<p><b>17</b></p>
<p><b>20</b></p>	<p><b>21</b> Stuffed Chicken w/ broccoli &amp; cheese Rice Pilaf Green Beans Fruit Cocktail</p>	<p><b>22</b> <i>Summer Celebration meal</i> Smoked Beef Brisket w/ biscuit Corn on the Cobb Coleslaw Blueberry Cobbler &amp; Juice</p> <p><b>Or: Salad Choice:</b> <b>Mediterranean Salad w/ grilled salmon</b></p>	<p><b>23</b> <b>Ethnic Celebration</b> Chicken Soft Tacos w/ cheddar cheese &amp; flour tortilla Spanish Rice Mixed Vegetables Applesauce Cup</p>	<p><b>24</b></p>
<p><b>27</b></p>	<p><b>28</b> Meatballs Grinder w/ 6" sub roll &amp; mozzarella cheese Zucchini &amp; Yellow Squash Fresh Orange</p>	<p><b>29</b> Crispy Cod Patty Macaroni &amp; Cheese Scandinavian Vegetable Blend Sweet Treat &amp; Juice</p> <p><b>Or: Salad Choice:</b> <b>Grilled Chicken Caesar Salad</b></p>	<p><b>30</b> Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Diced Peaches</p> 	<p><b>31</b></p>