








TVCCA SENIOR CAFÉ ~ JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>New Year Holiday</u> Program Closed</p> <p>Happy New Year!</p>	<p>3 Cuban Roast Pork Yellow Rice & Black Beans Chuck Wagon Vegetable Medley Fresh Apple</p>	<p>4 Cheese Omelet Roasted Potatoes Green Beans & Diced Tomatoes Sweet Treat Juice</p>	<p>5 Tuscan Baked Chicken Rice Pilaf Capri Vegetable Blend Pears w/ mandarin oranges</p>	<p>6</p>
<p>9</p>	<p></p> <p>10 Lemon Garlic Chicken Brown Rice Broccoli Pineapple Tidbits</p>	<p>11 Pub Burger w/ bun Roasted Potatoes Mixed Vegetables Sweet Treat Juice</p>	<p>12 Southwestern Crusted Cod Rice Pilaf Broccoli Peaches</p>	<p>13 </p>
<p>16 <u>Dr. Martin Luther King Holiday</u></p> <p></p> <p>Program Closed</p>	<p>17 Lemon Herb Haddock Seasoned Rice Italian Vegetable Medley Fresh Orange</p>	<p>18 <u>Birthday Celebration</u> Cream Chicken Alfredo w/ Pasta Peas Carrots Birthday Treat Grape Juice</p>	<p>19 Pot Roast Roasted Potatoes Capri Vegetable Medley Fresh Apple</p>	<p>20 </p>
<p>23</p>	<p>24 Meatloaf w/ gravy Garlic Mashed Potatoes Green Beans & Diced tomatoes Applesauce</p>	<p>25 <u>Ethnic Celebration</u> Hungarian Chicken Paprika Parsley Potatoes Mixed Vegetables Sweet Treat Juice</p>	<p>26 BBQ Pulled Pork w/ roll Baked Beans Chuck Wagon Vegetable Medley Pineapple Tidbits</p>	<p>27</p>
<p>30</p>	<p>31 BBQ Chicken Rice Pilaf Zucchini & Yellow Squash Pears w/ mandarin oranges</p>	<p></p>	<p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice.</p>	<p><i>Inclement weather watcher: If severe inclement weather is in the forecast, program opening is subject to change.</i></p> <p><i>Inclement weather closings will be announced on all local radio stations and TV Channel 3 & 8.</i></p>