



TVCCA SENIOR CAFE JULY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>3</p> | <p>4  Independence Day Happy 4th of July! <u>Senior Nutrition Program Closed</u></p> | <p>5 <u>Birthday Celebration</u> Mexican Haddock w/corn salsa Yellow Rice & Black Beans Chuck Wagon Vegetables Orange Juice Birthday Treat</p> | <p>6 Chicken Stew Paprika Potatoes Broccoli Florets Fresh Orange</p> | <p>7</p> |
| <p>10</p> | <p>11 Cheese Manicotti w/ marinara Stewed Chickpeas Green Beans Pears w/ mandarin orange</p> | <p>12 <u>July Special Meal</u> BBQ Chicken Leg Quarter Baked Beans Coleslaw Cornbread Apple Pie & Juice</p> | <p>13 Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail</p> | <p>14</p> |
| <p>17</p> | <p>18 Meatballs Marinara Grinder Roll w/ cheese Green Beans Applesauce Cup</p> | <p>19 <u>Ethnic Celebration</u> Chicken soft tacos w/ cheddar cheese & flour tortillas Mixed Vegetables Sweet Treat & Juice</p> | <p>20 Crispy Cod Patty Macaroni & Cheese Chuck Wagon Vegetables Peaches</p> | <p>21</p> |
| <p>24</p> | <p>25 Beef & Bean Chili Baked Potato & Shredded cheese Mixed Vegetables Fresh Apple</p> | <p>26 Chicken Broccoli Alfredo Penne Pasta Capri Vegetables Sweet Treat & Juice</p> | <p>27 Stuffed Shells Garlic Tomato Cannellini Beans Zucchini Pineapple Tidbits</p> | <p>28</p> |
| <p>31</p> | <p></p> | | <p></p> | <p><i>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</i></p> |