



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 Mariah Popeleski, RDN.



TVCCA SENIOR CAFÉ (No Monday) MAY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p>	<p>2 Pot Roast Red Potatoes Carrot Coins Diced Peaches</p>	<p>3 Pesto Grilled Chicken Rice Pilaf Spring Vegetable Mix Pears w/ mandarin oranges</p>	<p>4 Meatloaf w/ gravy Garlic Mashed Potatoes Green Beans w/ Diced Tomatoes Fruit Cocktail</p>	<p>5</p>
<p>8</p>	<p>9 Meatballs Marinara Penne Pasta Green Beans Fresh Apple</p>	<p>10 BBQ Pulled Pork w/ roll Baked Beans Corn Sweet Treat & Juice</p>	<p>11 Chicken Stew Paprika Potatoes Broccoli Florets Applesauce Cup</p>	<p>12</p> 
<p>15</p> 	<p>16 Cheese Manicotti w/ marinara Stewed Chickpeas Green Beans Pears w/ mandarin oranges</p>	<p>17 <u>Birthday Celebration</u> Chicken Sausage & Peppers Grinder Roll & cheese Zucchini Birthday Treat & Juice</p>	<p>18 Chicken Parmesan Bow Tie Pasta Capri Vegetable Blend Fresh Orange</p>	<p>19</p>
<p>22</p>	<p>23 Braised Pork w/ herb sauce Yellow Rice & Black Beans Mixed Vegetables Pineapple Tidbits</p>	<p>24 <u>Mother's Day Celebration</u> Crab Stuffed Sole Jeweled Rice Capri Vegetables Parker Roll Fudge Brownie + Juice</p>	<p>25 Beef Stroganoff Egg Noodles Carrot Coins Diced Peaches</p>	<p>26</p>
<p>29</p>  <p>Memorial Day Holiday</p>	<p>30 Beef & Bean Chili Baked Potato & Shredded cheese Mixed Vegetables Fresh Orange</p>	<p>31 Chicken Alfredo Primavera Penne Pasta Peas & Pearl Onions Sweet Treat & Juice</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	<p>Happy Spring</p> 