







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 MENU ~ MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to change without notice.</p>	<p>1 Swedish Meatballs Buttered Shells Italian Vegetable Medley Pears w/ mandarin oranges</p>	<p>2 BBQ Chicken Drumsticks Tater Tots Chuck Wagon Vegetables Birthday Treat Grape Juice</p>	<p>3 Western Omelet Roasted Potatoes Peas & Carrots Fruit Cocktail</p>	<p>4</p>
<p>7</p>	<p>8 Stuffed Chicken w/ broccoli & cheese Roasted Potatoes Green Beans Pineapple Tidbits</p>	<p>9 Braised Shredded Pork w/ herb sauce Yellow Rice & Black Beans Mixed Vegetables Sweet Treat & Juice</p>	<p>10 Chicken Parmesan Penne Pasta Italian Vegetable Medley Applesauce Cup</p>	<p>11</p> 
<p>14</p> 	<p>15 BBQ Pulled Pork w/ bun Baked Beans Chopped Broccoli Peach Cup</p>	<p>16 Beef & Bean Chili Egg Noodles Capri Vegetable Medley Fresh Orange</p> 	<p>17 Crispy Cod Patty Macaroni & Cheese Scandinavian Vegetable Blend Pineapple Tidbits</p>	<p>18</p>
<p>21</p>	<p>22 Meatloaf w/ gravy Garlic Mashed Potatoes Capri Vegetable Medley Fruit Cocktail</p>	<p>23 <u>Mother's Day Celebration Meal</u> Crab Stuffed Sole Rice Pilaf Sugar Snap Peas Peach Cobbler & Juice</p>	<p>24 Chicken Sausage & Peppers Grinder Roll & cheese Zucchini & yellow squash Pears w/ mandarin oranges</p>	<p>25</p>
<p>28</p>  <p>Memorial Day Holiday Senior Nutrition Program Closed</p>	<p>29 Chicken Stew w/ diced vegetables Garlic Roasted Potatoes Green Beans Fresh Orange</p>	<p>30 Meatballs Grinder w/ 6" sub roll & mozzarella cheese Italian Vegetables Sweet Treat & Juice</p>	<p>31 Baked Haddock w/ salsa Spanish Rice Mixed Vegetables Fruit Cocktail</p>	<p>TVCCA Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p>HAPPY SPRING</p>