

# TVCCA SENIOR CAFÉ OCTOBER 2016

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| 3   | 4<br>Beef Stroganoff<br>Buttered Noodles<br>Chuck wagon vegetables<br>Fresh Orange                       | 5<br>BBQ Chicken<br>Baked Beans<br>Mixed Vegetables<br>Pears & Mandarin Oranges                  | 6<br>Cheeseburger Noodle<br>Broccoli<br>Carrots Coins<br>Peach Cup  | 7   |
| 10  | 11<br>Crispy Cod Patty<br>Macaroni & Cheese<br>Broccoli<br>Fruit Cocktail<br><br>Whole Grain Fish Sticks | 12<br>Meatball Grinder<br>Italian Vegetable Medley<br>Dessert + Orange Juice                     | 13<br>Broccoli Stuffed Chicken<br>Roasted Potatoes;<br>Mixed Vegetables<br>Pineapple Cup                                      | 14  |
| 17  | 18<br>Lemon Garlic Chicken<br>Rice Pilaf<br>Mixed Vegetables<br>Pears w/ mandarin oranges                | 19<br>Cod Italiano<br>Penne Pasta<br>Long Bean Medley<br>Fresh Orange                            | 20<br>Chicken Teriyaki<br>Steamed Rice<br>Oriental Mix<br>Birthday Sweet<br>Grape Juice<br><b><u>Birthday Celebration</u></b> | 21  |
| 24  | 25<br>Glazed Ham<br>Scalloped Potatoes<br>Green Beans<br>Dessert + Orange Juice                          | 26<br>Cuban Braised Pork Loin<br>Yellow Rice & black beans<br>Chuck Wagon Blend<br>Pineapple Cup | 27<br>Chicken Cacciatore<br>Penne Pasta<br>Peas & Pearl Onions<br>Peach Cup   | 28  |
| 31<br> |  |              | 1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice                            |  |