



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 Lindsay D'Amato, MPH, RD/LDN.



# TVCCA SENIOR CAFÉ MENU JULY 2021









MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 860-886-1720</p> <p>(24hr voice mail available). www.tvcca.org</p>	<p><b>1% milk and Whole Grain Bread served with each meal.</b></p> <p><b>Menu is subject to change without notice.</b></p>		1	2
<p>5</p> <p><b>Senior Nutrition Program Closed</b></p>  <p>Happy 4th of July!</p> <p><b>Independence Day Holiday</b> Have a safe Independence Day</p>	<p>6</p> <p>Pork Sausage &amp; gravy Tater Tots Mixed Vegetables Medley Fresh Orange</p> 	<p>7</p> <p><b>Birthday Celebration</b> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Green &amp; Waxed Beans Birthday Treat Grape Juice</p>	<p>8</p> <p>Cheese Pierogis Kasha (Wheat Berries) w/ Roasted Vegetables) Squash Mix w/ Carrots &amp; String Beans Pineapple Tidbits</p>	9
<p>12</p> 	<p>13</p> <p>Country Style Chicken Buttermilk Mashed Potatoes Zucchini, Peas, &amp; Carrots Sweet Treat Orange Juice</p>	<p>14</p> <p>Steak Fajita w/ cheddar cheese Yellow Rice &amp; Black Beans Broccoli Fresh Fruit</p>	<p>15</p>  <p>Crispy Cod Macaroni &amp; Cheese Mixed Vegetables Medley Pears w/ Mandarin Oranges</p>	16
19	<p>20</p> <p>Swedish Meatballs Egg Noodles Green &amp; Waxed Beans Pineapple Tidbits</p>	<p>21</p> <p>Cheese Omelet Home Fries Corn w/ Peppers &amp; Onions Applesauce Cup</p> 	<p>22</p> <p><b>Ethnic Celebration</b> Chicken Tacos Spanish Rice Peas &amp; Pearl Onions Tropical Fruit Cup</p>	23
<p>26</p> 	<p>27</p> <p>Stuffed Shells w/ marinara Lima Beans Carrot Coins Mixed Fruit Cup</p>	<p>28</p> <p>Pesto Grilled Chicken Lemon Parmesan Pasta Mixed Vegetables Medley Pineapple Tidbits</p>	<p>29</p> <p>Philly Cheesesteak w/ Roll Sweet Potato Tater Tots Zucchini, Peas, &amp; Carrots Sweet Treat Prune Juice</p>	<p>30</p> 

# JULY 2021

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
						1		
6			7			8		
10:00-10:30	Lunch Pick up		9:00-10:00	At Rail Road Dr.-	Walking Club	10:00-11:30	Knitting Club	Game Day
10:00-12:00		PCM	10:30-11:30		Traditional Yoga			
10:30-11:30	Chair Yoga							
11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels	
1:00-2:00	What's Cookin': Dog Treats		1:00-2:00			1:00-2:00		Outdoor Corn-hole
13			14			15		
10:00-10:30	Lunch Pick up		9:00-10:00	At Rail Road Dr.-	Walking Club	10:00-11:30	Knitting Club	Game Day
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels	
1:00-2:00		Chair Massage Therapy	1:00-2:00			1:00-2:00	Birthday Celebration	
20			21			22		
10:00-10:30	Lunch Pick up		9:00-10:00	At Rail Road Dr.-	Walking Club	10:00-11:30	Knitting Club	Game Day
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels	
1:00-2:00			1:00-2:00			1:00-2:00	Trivia with John	Outdoor Corn-hole
						1:00-3:00pm	PCM	
27			28			29		
10:00-10:30	Lunch Pick up		9:00-10:00	At Rail Road Dr.-	Walking Club	10:00-11:30	Bingo	Game Day
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels		11:45-12:45	Lunch-Both Levels	
1:00-2:00		Chair Massage Therapy	1:00-2:00	Book Club		1:00-2:00		