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 Maraiah Popeleski, RDN.

TVCCA SENIOR CAFÉ DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.		Senior Nutrition Program **81 Stockhouse Road** **Bozrah, CT 06334** **860-886-1720** (24hr voice mail available) www.tvcca.org		**1**
4	**5** Stuffed Shells w/ marinara Peas Diced Carrots Pineapple Cup	**6** Beef Stew w diced vegetables Brown Rice Italian Vegetable Medley Sweet Treat & Juice	**7** Crispy Cod Patty Macaroni & Cheese Stewed Tomatoes Fruit Cocktail	**8**
11	**12** Chicken Cacciatore Roasted Potatoes Scandinavian Vegetable Blend Fruit Cocktail	**13** **Christmas Celebration** Glazed Ham Rice Pilaf Green Beans Almandine Assorted Cookie Tray & Juice	**14** Chicken Stew Buttered Shells Chuck Wagon Vegetables Fresh Fruit	**15**
18	**19** Swedish Meatballs Buttered Noodles Chuck Wagon Vegetables Fresh Orange	**20** Meatloaf w/ gravy Garlic Mashed Potatoes Peas & Carrots Sweet Treat & Juice	**21** BBQ Pulled Pork w/ roll Baked Beans Mixed Vegetables Pineapple Cup	**22**
25 **Christmas Holiday** **Senior Nutrition Program Closed**	**26** Beef Hot Dog w/ roll Baked Beans Italian Vegetables Pears w/ mandarin oranges	**27** **Birthday Celebration** Chicken Marsala Seasoned Rice Mixed Vegetables Birthday Sweet Grape Juice	**28** Lemon Herb Haddock Scalloped Potatoes Green Beans Applesauce Cup	**29**