



TVCCA SENIOR CAFE JULY 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p>	<p>4  Independence Day Happy 4th of July! <u>Senior Nutrition Program Closed</u></p>	<p>5 <u>Birthday Celebration</u> Mexican Haddock w/corn salsa Yellow Rice & Black Beans Chuck Wagon Vegetables Orange Juice Birthday Treat</p>	<p>6 Chicken Stew Paprika Potatoes Broccoli Florets Fresh Orange</p>	<p>7</p>
<p>10</p>	<p>11 Cheese Manicotti w/ marinara Stewed Chickpeas Green Beans Pears w/ mandarin orange</p>	<p>12 <u>July Special Meal</u> BBQ Chicken Leg Quarter Baked Beans Coleslaw Cornbread Apple Pie & Juice</p>	<p>13 Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail</p>	<p>14</p>
<p>17</p>	<p>18 Meatballs Marinara Grinder Roll w/ cheese Green Beans Applesauce Cup</p>	<p>19 <u>Ethnic Celebration</u> Chicken soft tacos w/ cheddar cheese & flour tortillas Mixed Vegetables Sweet Treat & Juice</p>	<p>20 Crispy Cod Patty Macaroni & Cheese Chuck Wagon Vegetables Peaches</p>	<p>21</p>
<p>24</p>	<p>25 Beef & Bean Chili Baked Potato & Shredded cheese Mixed Vegetables Fresh Apple</p>	<p>26 Chicken Broccoli Alfredo Penne Pasta Capri Vegetables Sweet Treat & Juice</p>	<p>27 Stuffed Shells Garlic Tomato Cannellini Beans Zucchini Pineapple Tidbits</p>	<p>28</p>
<p>31</p>	<p></p>		<p></p>	<p><i>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</i></p>