



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, RD/LDN, MPH.



TVCCA SENIOR CAFE MENU ~ NOVEMBER 2022










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p>2 Salisbury Steak w/ gravy Herb Roasted Potatoes Corn w/ Peppers & Onions Tropical Fruit Cup</p>	<p>3 Crispy Cod Macaroni & Cheese Broccoli Diced Peaches</p> 	<p>4 Stuffed Chicken Cordon Bleu Buttermilk Mashed Potatoes Zucchini & Yellow Squash Sweet Treat Apple Juice</p> <p>Add-On: Corn Chowder Soup</p>
<p>7 Chicken Cacciatore Farfalle Pasta w/ marinara Green & Waxed Beans Fresh Fruit</p>	<p>8 Stuffed Cabbage Casserole Peas Carrot Coins Birthday Treat Grape Juice</p> 	<p>9 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>10 Meatballs Marinara Penne Pasta Mixed Vegetables Medley Tropical Fruit Cup</p>	<p>11 <u>Veterans Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>
<p>14 Stuffed Shells w/ marinara Lima Beans Carrot Coins Pineapple Tidbits</p>	<p>15 Braised Beef Tips Egg Noodles Zucchini & Yellow Squash Mixed Fruit Cup</p>	<p>16 <u>Thanksgiving Celebration Meal</u> Roasted Turkey w/ Stuffing, gravy, & cranberry sauce Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie Grape Juice</p> 	<p>17 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p>	<p>18 Swedish Meatballs Egg Noodles Squash Mix w/ Carrots & String Beans Fresh Orange</p> <p>Add-On: Broccoli, Potato, & Cheddar Soup</p>
<p>21 <u>Ethnic Celebration</u> Chicken Fajita w/ cheddar cheese Spanish Rice Mixed Vegetables Medley Sweet Treat Orange Juice</p> 	<p>22 Cod w/ Herbs & Tomatoes Garlic Roasted Potatoes Broccoli Fresh Fruit</p>	<p>23 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Pineapple Tidbits</p>	<p>24 <u>Thanksgiving Day Holiday</u></p>  <p>Senior Nutrition Program Closed</p>	<p>25 <u>Thanksgiving Holiday</u></p> <p>Senior Nutrition Program Closed</p>
<p>28 Country Fried Beef Steak Herb Roasted Potatoes Zucchini & Yellow Squash Diced Pears</p> 	<p>29 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers & Onions Diced Peaches</p>	<p>30 Stuffed Cod w/ Shellfish Rice Pilaf Cauliflower, Carrots, & Snap Peas Fresh Orange</p> <p><i>Birthday Celebration!</i> </p>	<p>Please remember to call Nancy if you want to schedule or cancel a meal: (860)450-2100 ext. 3315</p>	