


# ~TVCCA SENIOR CAFÉ AUGUST MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu is subject to change without notice.</b>  <b>1% milk &amp; whole grain bread are served with each meal.</b>  <b>Please be sure to indicate choice of either hot meal or salad on Wednesdays.</b></p>			<p><b>1.</b>                      BBQ PULLED PORK                      TATER TOTS                      MIXED VEGETABLES                      PEARS w/                      MANDARIN                      ORANGES</p>	<p><b>2. <u>BIRTHDAY LUNCH</u></b>                      STUFFED CHICKEN w/                      BROCCOLI &amp; CHEESE                      SHREDDED HERB                      POTATOES                      GREEN BEANS</p>
<p><b>5.</b>                      EGGPLANT                      PARMESAN                      CANNELLINI BEANS                      w/ TOMATOES &amp;                      HERBS                      ZUCCHINI                      DICED PEACHES</p>	<p><b>6.</b>                      STUFFED GREEN                      PEPPERS                      CARROT COINS                      CAULIFLOWER                      FRESH ORANGE</p>	<p><b>7.</b>                      PESTO GRILLED                      CHICKEN                      ROASTED GARLIC                      RICE                      GREEN BEANS                      SWEET TREAT                      JUICE                      ~OR~                      MEDITERRANEAN                      SALAD w/ GRILLED                      SALMON</p>	<p><b>8.</b>                      BEEF &amp; BEAN CHILI                      SHELL PASTA w/                      HERBS                      SQUASH MIX w/                      STRING BEANS                      FRUIT COCKTAIL</p>	<p><b>9.</b>                      CRISPY FISH TACOS                      CILANTRO LIME RICE                      CORN w/ PEPPERS &amp;                      ONIONS                      PEARS</p>
<p><b>12.</b>                      SWEDISH                      MEATBALLS                      EGG NOODLES                      BROCCOLI                      FRESH FRUIT</p>	<p><b>13.</b>                      TERIYAKI CHICKEN                      BREAST                      STEAMED RICE                      JAPANESE                      VEGETABLE BLEND                      PEARS w/                      MANDARIN                      ORANGES</p>	<p><b>14. <u>SUMMERTIME                      CELEBRATION</u></b>                      HAMBURGER &amp;                      HOT DOG                      GARDEN SALAD                      MACARONI SALAD                      ITALIAN ICE</p>	<p><b>15.</b>                      HADDOCK w/                      HERBS &amp;                      TOMATOES                      PENNE PASTA                      GREEN BEANS                      DICED PEACHES</p>	<p><b>16.</b>                      PORK SAUSAGE &amp;                      GRAVY                      TATER TOTS                      PEAS &amp; PEARL                      ONIONS                      APPLESAUCE</p>
<p><b>19.</b>                      GRILLED SALMON                      STEAMED PARSLEY                      POTATOES                      MIXED VEGETABLES                      APPLESAUCE</p>	<p><b>20.</b>                      ITALIAN SAUSAGE &amp;                      PEPPERS                      PENNE PASTA w/                      MARINARA                      SQUASH MIX w/                      CARROTS &amp;                      STRING BEANS                      FRUIT COCKTAIL</p>	<p><b>21.</b>                      SHEPHERD'S PIE                      CORN                      PEAS &amp; CARROTS                      FRESH ORANGE                      ~OR~                      GRILLED CHICKEN                      CAESAR SALAD</p>	<p><b>22.</b>                      STUFFED SHELLS w/                      MARINARA                      GARLIC BREAD                      BROCCOLI                      YELLOW SQUASH                      PEARS</p>	<p><b>23. <u>FRESH FRIDAY</u></b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>COST: \$7</b>  <b>*PLEASE SIGN UP WITH                      PAYMENT IN OFFICE BY                      8/19*</b> </p>
<p><b>26.</b>                      PORK STIR FRY                      STEAMED RICE                      JAPANESE                      VEGETABLE                      BLEND                      PEARS w/                      MANDARIN                      ORANGES</p>	<p><b>27.</b>                      MEATBALL GRINDER                      w/ MOZZARELLA                      CHEESE                      GREEN &amp; WAXED                      BEANS                      SWEET TREAT                      JUICE</p>	<p><b>28.</b>                      BAKED HADDOCK w/                      SALSA                      YELLOW RICE &amp;                      BLACK BEANS                      ZUCCHINI                      DICED PEACHES                      ~OR~                      TACO SALAD</p>	<p><b>29.</b>                      CREAMY CHICKEN                      DIJON                      HERB ROASTED                      POTATOES                      PEAS &amp; CARROTS                      FRUIT COCKTAIL</p>	<p><b>30.</b>                      SALISBURY STEAK w/                      GRAVY                      GARLIC MASHED                      POTATOES                      BROCCOLI                      FRESH FRUIT</p>

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$10.24. Please remember to make your reservation by 10:00am the day before you plan to come for lunch. Reservations can be made circling your choices on the menu and submitting it in the office or by calling 860-487-9876.

**NAME** \_\_\_\_\_