




~TVCCA SENIOR CAFÉ JULY MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
I. BEEF & BEAN CHILI SHELL PASTA W/ HERBS SQUASH MIX W/ CARROTS & STRING BEANS FRESH ORANGE	2. PESTO GRILLED CHICKEN ROASTED GARLIC RICE GREEN BEANS, CARROT MIX & PEPPERS SWEET TREAT JUICE	3. PUB BURGER W/ BUN BAKED BEANS CORN W/ PEPPERS & ONIONS APPLESAUCE ~OR~ RHODE ISLAND SEAFOOD SALAD	4. SENIOR CENTER CLOSED 	5. <u>BIRTHDAY LUNCH</u> & <u>SPECIAL MEAL</u>  COST: \$5 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 7/1*
8. CREAMY CHICKEN DIJON HERB ROASTED POTATOES MIXED VEGETABLES PEARS W/ MANDARIN ORANGES	9. SALISBURY STEAK W/ GRAVY GARLIC MASHED POTATOES BROCCOLI FRESH FRUIT	10. ITALIAN SAUSAGE & PEPPERS PENNE PASTA W/ MARINARA CAULIFLOWER, CARROTS, & SNAP PEAS FRUIT COCKTAIL ~OR~ CLASSIC EGG SALAD	II. BAKED HADDOCK W/ HERBS & TOMATOES RICE PILAF GREEN BEANS, CARROT MIX, & PEPPERS PINEAPPLE TIDBITS	12. <u>FRESH FRIDAY</u>  COST: \$7 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 7/5*
15.	16.	17.	18.	19.
SENIOR CENTER CLOSED FOR ANNUAL CLEANING & MAINTENANCE				
22. BEEF HOT DOG W/ BUN BAKED BEANS CORN W/ PEPPERS & ONIONS APPLESAUCE	23. CHICKEN & BEAN CHILI STEAMED PARSLEY POTATOES MIXED VEGETABLES FRUIT COCKTAIL	24. <u>LUNCH & LEARN</u>  *PLEASE SIGN UP IN OFFICE OR CALL 860-487-9870 BY 7/12*	25. CHICKEN PARMESAN BOW TIE PASTA W/ MARINARA GREEN BEANS DICED PEACHES	26. HADDOCK W/ LEMON & DILL GARLIC ROASTED POTATOES BROCCOLI, CAULIFLOWER, & CARROTS FRESH FRUIT
29. STUFFED SHELLS W/ MARINARA GARLIC BREAD GREEN & WAXED BEANS YELLOW SQUASH W/ OREGANO PEARS	30. MEATBALL GRINDER W/ MOZZARELLA CHEESE COLESLAW DICED PEACHES	31. GRILLED SALMON HERB ROASTED POTATOES ZUCCHINI SWEET TREAT JUICE ~OR~ CHEF SALAD	Menu is subject to change without notice. 1% milk & whole grain bread are served with each meal. Please be sure to indicate choice of either hot meal or salad on Wednesdays.	

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.

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