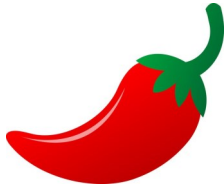


# ~TVCCA SENIOR CAFÉ JUNE MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> SWEET & SOUR PULLED PORK STEAMED RICE CORN W/ PEPPERS & ONIONS DICED PEACHES	<b>4.</b> BEEF & BEAN CHILI EGG NOODLES SQUASH MIX W/ CARROTS & STRING BEANS FRESH ORANGE	<b>5.</b> CHICKEN SAUSAGE & PEPPERS PENNE PASTA W/ MARINARA GREEN BEANS PEARS W/ MANDARIN ORANGES ~OR~ CHEF SALAD	<b>6.</b> BAKED HADDOCK W/ SALSA YELLOW RICE & BLACK BEANS BROCCOLI FRUIT COCKTAIL	<b>7. <u>BIRTHDAY LUNCH</u></b> CREAMY CHICKEN DIJON GARLIC ROASTED POTATOES PEAS & CARROTS SWEET TREAT JUICE CAKE & ICE CREAM
<b>10.</b> SALISBURY STEAK W/ GRAVY CHEDDAR MASHED POTATOES BROCCOLI FRESH FRUIT	<b>11.</b> FRENCH STYLE CHICKEN W/ WINE SAUCE GARLIC ROASTED POTATOES PEAS & PEARL ONIONS PINEAPPLE TIDBITS	<b>12. <u>FATHER'S DAY CELEBRATION</u></b> BBQ BEEF BRISKET CORNBREAD POTATO SALAD GARDEN SALAD BLUEBERRY COBBLER JUICE ~OR~ GRILLED CHICKEN CAESAR SALAD SUG. DONATION \$4.50 *SIGN UP BY 6/5*	<b>13.</b> FISHERMAN STEW PARSLEY POTATOES GREEN BEANS DICED PEACHES	<b>14. <u>FRESH FRIDAY</u></b> <div style="text-align: center;">  </div> <p style="text-align: center;"> <b>COST: \$7</b>                      *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 6/10*                 </p>
<b>17.</b> ITALIAN SAUSAGE W/ PEPPERS PENNE PASTA W/ MARINARA CAULIFLOWER, CARROTS, & SNAP PEAS FRUIT COCKTAIL	<b>18.</b> STEAK FAJITA W/ CHEDDAR CHEESE & FLOUR TORTILLA WHITE RICE & RED BEANS MIXED VEGETABLES SWEET TREAT JUICE	<b>19.</b> POT ROAST AU JUS GARLIC MASHED POTATOES PEAS & CARROTS FRESH ORANGE ~OR~ MEDITERRANEAN SALAD W/ GRILLED SALMON	<b>20.</b> CHICKEN & BEAN CHILI STEAMED RICE CORN W/ PEPPERS & ONIONS PEARS	<b>21.</b> BRAISED SHREDDED PORK YELLOW RICE & BLACK BEANS SQUASH MIX W/ CARROTS & STRING BEANS PEARS W/ MANDARIN ORANGES
<b>24.</b> PESTO GRILLED CHICKEN ROASTED GARLIC MASHED POTATOES GREEN BEANS, CARROTS, & PEPPERS DICED PEACHES	<b>25.</b> BBQ PULLED PORK W/ BUN TATER TOTS SQUASH MIX W/ CARROTS & STRING BEANS PEARS W/ MANDARIN ORANGES	<b>26.</b> CRAB STUFFED SOLE RICE PILAF SUGAR SNAP PEAS SWEET TREAT JUICE ~OR~ TACO SALAD	<b>27.</b> EGGPLANT PARMESAN CANNELLINI BEANS W/ TOMATOES ZUCCHINI FRUIT COCKTAIL	<b>28.</b> BEEF HOT DOG W/ BUN BAKED BEANS COLESLAW FRESH FRUIT

**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.

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