




~TVCCA SENIOR CAFÉ SEPTEMBER MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. SENIOR CENTER CLOSED</p> 	<p>3. PESTO GRILLED CHICKEN ROASTED GARLIC RICE GREEN BEANS SWEET TREAT JUICE</p>	<p>4. BEEF & BEAN CHILI SHELL PASTA W/ HERBS SQUASH MIX W/ CARROTS & STRING BEANS ~OR~ WALDORF SALAD</p>	<p>5. STUFFED CHICKEN CORDON BLEU SHREDDED HERB POTATOES MIXED VEGETABLES PINEAPPLE TIDBITS</p>	<p>6. <u>BIRTHDAY LUNCH</u> GRILLED SALMON STEAMED PARSLEY POTATOES PEAS & PEARL ONIONS APPLESAUCE CAKE & ICE CREAM</p>
<p>9. CHICKEN PARMESAN PENNE PASTA W/ MARINARA ZUCCHINI, PEAS & CARROTS DICED PEACHES</p>	<p>10. SALISBURY STEAK W/ GRAVY GARLIC MASHED POTATOES BROCCOLI FRESH FRUIT</p>	<p>11. CRISPY FISH TACOS CILANTRO LIME RICE CORN W/ PEPPERS & ONIONS APPLESAUCE ~OR~ CHEF SALAD</p>	<p>12. STUFFED CHELLS W/ MARINARA GARLIC BREAD GREEN & WAXED BEANS CAULIFLOWER FRUIT COCKTAIL</p>	<p>13. <u>MAPLE ROAD CARNIVAL!</u></p>  <p style="text-align: center;">COST: \$10 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 9/9*</p>
<p>16. MONTI CRISTO SANDWICH SWEET POTATO TATER TOTS BROCCOLI PEPPERS & MUSHROOMS FRESH ORANGE</p>	<p>17. STUFFED PEPPER CASSEROLE CARROT COINS CAULIFLOWER PINEAPPLE TIDBITS</p>	<p>18. <u>LABOR DAY CELEBRATION</u> BBQ PULLED PORK SANDWICH CORN ON THE COB COLESLAW PEACH COBBLER JUICE</p>	<p>19. CREAMY CHICKEN DIJON GARLIC ROASTED POTATOES PEAS & CARROTS PEARS W/ MANDARIN ORANGES</p>	<p>20. ITALIAN SAUSAGE & PEPPERS PENNE PASTA W/ MARINARA SQUASH MIX W/ CARROTS & STRING BEANS FRUIT COCKTAIL</p>
<p>23. MEATBALL GRINDER W/ MOZARELLA CHEESE GREEN & WAXED BEANS SWEET TREAT JUICE</p>	<p>24. PORK SAUSAGE & GRAVY W/ BISCUIT TATER TOTS PEAS & PEARL ONIONS APPLESAUCE</p>	<p>25. TERIYAKI CHICKEN BREAST STEAMED RICE JAPANESE VEGETABLE BLEND PEARS W/ MANDARIN ORANGES ~OR~ RHODE ISLAND SEAFOOD SALAD</p>	<p>26. HADDOCK W/ HERBS & TOMATOES PENNE PASTA MIXED VEGETABLES DICED PEACHES</p>	<p>27. <u>FRESH FRIDAY</u></p>  <p style="text-align: center;">COST: \$5 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 9/23*</p>
<p>30. BRAISED PORK W/ HERB SAUCE YELLOW RICE & BLACK BEANS SQUASH MIX W/ CARROTS & STRING BEANS PINEAPPLE TIDBITS</p>	<p>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.</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.

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