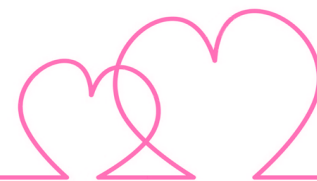




~TVCCA SENIOR CAFÉ FEBRUARY MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**Menu is subject to change
without notice. 1% milk & whole grain
bread are served with each meal.**



<p>3. BAKED HAM W/ PINEAPPLE GLAZE TURNIPS W/ HERBS BRUSSEL SPROUTS DICED PEACHES</p>	<p>4. BEEF STEW HERB ROASTED POTATOES BROCCOLI FRESH FRUIT</p>	<p>5. PORK DUMPLINGS W/ SHREDDED CABBAGE & CARROTS STEAMED RICE JAPANESE VEGETABLES PEARS W/ MANDARIN ORANGES</p>	<p>6. SALISBURY STEAK W/ GRAVY MASHED POTATOES MIXED VEGETABLES PINEAPPLE TIDBITS</p>	<p>7. <u>BIRTHDAY LUNCH</u> SPLIT PEA & HAM SOUP CHICKEN CACCIATORE PASTA SHELLS W/ MARINARA GREEN & YELLOW SQUASH SWEET TREAT JUICE CAKE & ICE CREAM</p>
<p>10. CHICKEN MARSALA RICE PILAF SQUASH MIX W/ CARROTS & STRING BEANS FRESH ORANGE</p>	<p>11. PORK SAUSAGE & GRAVY W/ BISCUIT TATER TOTS CORN W/ PEPPERS & ONIONS PINEAPPLE TIDBITS</p>	<p>12. CORN CHOWDER PHILLY CHEESESTEAK SANDWICH SWEET POTATO TATER TOTS MIXED VEGETABLES DICED PEACHES</p>	<p>13. CRISPY COD PATTY MACARONI & CHEESE BRUSSEL SPROUTS MANDARIN ORANGES</p>	<p>14. <u>VALENTINE'S DAY</u> SPAGHETTI & MEATBALLS GARLIC BREAD GARDEN SALAD DOUBLE CHOCOLATE CAKE JUICE PLEASE SUBMIT MENU BY 2/6</p>
<p>17. SENIOR CENTER CLOSED</p> 	<p>18. MEATLOAF W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS FRUIT COCKTAIL</p>	<p>19. CHICKEN PARMESAN FARFALLE W/ MARINARA MIXED VEGETABLES SWEET TREAT JUICE</p>	<p>20. PORK LOIN W/ MUSHROOM GRAVY ROASTED GARLIC POTATOES GREEN & YELLOW SQUASH DICED PEARS</p>	<p>21. <u>FRESH FRIDAY</u> COST: \$7</p>  <p>PLEASE REGISTER IN OFFICE WITH PAYMENT BY 2/14</p>
<p>24. ITALIAN PORK SAUSAGE & PEPPERS GRINDER ROLL GREEN & WAXED BEANS FRUIT COCKTAIL</p>	<p>25. CHICKEN & BROCCOLI STEAMED RICE ORIENTAL VEGETABLE BLEND SWEET TREAT JUICE</p>	<p>26. STUFFED HADDOCK W/ SHELLFISH SQUASH MIX W/ CARROTS & STRING BEANS PEAS FRESH ORANGE</p>	<p>27. CHICKEN CHILI CHEDDAR POTATO GREEN BEANS CORN W/ PEPPERS & ONIONS TROPICAL FRUIT CUP</p>	<p>28. MINISTRONE SOUP CHEESE PIEROGIS GROATS W/ ROASTED VEGETABLES BRUSSEL SPROUTS PINEAPPLE TIDBITS</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 \$9.27. Please remember to make your reservation at least 24 hour in advance. Reservations can be made circling your choices on the menu and submitting it in the office or by calling 860-487-9876.

FULL NAME _____