

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, RD, MPH.

TVCCA SENIOR CAFÉ MENU ~ DECEMBER 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

For questions or if you are unable to attend a meal, please contact Isabelle at (860) 963-6800 ext. 350 with at least two days' notice.

1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.

1
Birthdays Celebration
Pork Taco "Bowl"
Roasted Garlic Rice
Mixed Vegetables Medley
Birthday Treat
Grape Juice

2
Cheese Pierogis
Farro (Wheat Grain w/ Roasted Vegetables)
Broccoli
Pineapple Tidbits

3
Seafood Stew
Steamed Rice
Zucchini
Mandarin Oranges
Add-On: MINESTRONE SOUP

6
Chicken Cacciatore
Pasta Shells w/ Herbs
Green Beans
Tropical Fruit Cup

7
Pork Sausage & Gravy
Tater Tots
Squash Mix w/ Carrots & String Beans
Fresh Fruit

8
Stuffed Cod w/ Shellfish
Herb Roasted Potatoes
Broccoli
Mixed Fruit Cup

9
Beef Chili Loaded Mashed Potatoes
Zucchini
Corn w/ Peppers & Onions
Diced Peaches

13
Pork Stir Fry
Steamed Rice
Asian Vegetable Blend
Mandarin Oranges

14
Crispy Cod
Macaroni & Cheese
Zucchini, Peas, & Carrots
Applesauce Cup

15
Holiday Celebration Meal
Herb Roasted Prime Rib
Garlic Roasted Potatoes
Squash Mix w/ Carrots & String Beans
Assorted Holiday Cookies
Apple Juice

16
Western Omelet
Sweet Potato Tater Tots
Peas & Pearl Onions
Mixed Fruit Cup

17
Swedish Meatballs
Egg Noodles
Green & Yellow Squash
Fresh Orange
Add-On: Corn Chowder Soup

20
Stuffed Pepper Casserole
Lima Beans
Carrot Coins
Fresh Fruit

21
Ethnic Celebration
Chicken Fajita "Bowl"
w/ cheddar cheese
Spanish Rice
Mixed Vegetables Medley
Sweet Treat
Grape Juice

22
Salisbury Steak w/gravy
Egg Noodles
Peas & Pearl Onions
Applesauce Cup

23
Closed

24
Christmas Holiday



Senior Nutrition Program Closed

27
Cheese Manicotti w/ marinara
Broccoli
Diced Carrots
Sweet Treat
Apple Juice

28
Braised Beef Tips
Mashed Potatoes
Corn w/ Peppers & Onions
Mixed Fruit Cup

29
French Style Chicken
w/ wine sauce
Turnips w/ Herbs
Zucchini & Yellow Squash
Fresh Orange

30
Meatballs Marinara
Penne Pasta
Green & Waxed Beans
Pineapple Tidbits

31
New Year Holiday



Senior Nutrition Program Closed