

TVCCA SENIOR CAFE FEBRUARY 2016






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1 Meatloaf Rice Pilaf Garden Salad Chocolate Chip Cookie - \$5 -</p>	<p>2 BBQ Pulled Pork w/ Roll Baked Beans Butternut Squash Pineapple Cup</p>	<p>3 Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail</p>	<p>4 Green Pepper & Rice Casserole Cumin & Garlic Rubbed Potatoes Capri Vegetable Medley Peach Cup</p>	<p>5 Chicken Pasta Twist Alfredo Peas, Carrots, Orange Juice Cupcake Birthday Celebration</p>
<p>8 Jumbo Hot Dog Baked Beans Potato Salad Brownie - \$5 -</p>	<p>9 Lemon Garlic Chicken Roasted Potatoes Broccoli Cranberry Juice Chocolate Chip Cookie</p>	<p>10 Stuffed Shells w/ marinara Garlic Bread Lima Beans & Green Beans Fresh Orange Ash Wednesday</p>	<p>11 Chicken Parmesan Buttered Noodles Chuck wagon Blend Applesauce Cup</p>	<p>12 Cheese Omelet Roasted Potatoes Zucchini Fruit Cocktail</p>
<p>15 Presidents Day  PROGRAM CLOSED</p>	<p>16 Cod Italiano Buttered Noodles Mixed Vegetables Fresh Orange</p>	<p>17 Chicken Curry & Rice Casserole Broccoli, Diced Carrots Grape Juice, Danish Ethnic Celebration</p>	<p>18 Pineapple Glazed Ham Scalloped Potatoes Zucchini Fruit Cocktail</p>	<p>19 TVCCA Special Meal! SUGGESTED DONATION \$4.50 Pot Roast; w/roasted carrots, onions & gravy; Mashed Potatoes; Tossed Salad; Fresh Fruit Cup</p>
<p>22 Ham on Grinder Roll Cole Slaw Orange - \$5 -</p>	<p>23 Meatloaf w/ gravy Garlic Mashed Potatoes Green Beans & Diced Tomatoes Peach Cup</p>	<p>24 Swedish Meatballs Buttered Noodles Chuck wagon Blend Pears w/ mandarin oranges Senior Center Birthday Celebration</p>	<p>25 Hot Dog w/ roll Baked Beans Coleslaw Pineapple Cup</p>	<p>26 Southwestern Crusted Cod Rice Pilaf Broccoli Fresh Fruit</p>
<p>29 Steak Burger Peas & Carrots Minestrone Soup Carrot Cake - \$5 - </p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.</p>	<p>*** Monday Meals *** Please sign up & pay at Reception at least 1 week ahead! ALL PROCEEDS WILL BENEFIT TVCCA MEALS-ON-WHEELS</p>	<p>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, MPH,RD.</p>	<p>Be a weather watcher....  If severe inclement weather in the forecast cafe schedules & menus are subject to change. Inclement weather closings will be announced on all local radio stations and channel 3 & 8.</p>

