

~TVCCA SENIOR CAFÉ MARCH MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. STUFFED CHICKEN CORDON BLEU TATER TOTS GREEN BEANS PINEAPPLE TIDBITS	3. BAKED HADDOCK w/ HERBS & TOMATOES RICE PILAF GREEN & YELLOW SQUASH DICED PEACHES	4. BEEF STEW HERB ROASTED POTATOES BROCCOLI FRESH FRUIT	5. PORK DUMPLINGS w/ SHREDDED CABBAGE & CARROTS STEAMED RICE JAPANESE VEGGIES PEARS w/ MANDARIN ORANGES	6. <u>BIRTHDAY LUNCH</u> CHICKEN NOODLE SOUP FISHERMAN STEW PARSLEY POTATOES PEAS & PEARL ONIONS SWEET TREAT JUICE CAKE & ICE CREAM
9. MEATBALLS MARINARA PENNE PASTA CAULIFLOWER, CARROTS, & SNAP PEAS DICED PEARS	10. PORK LOIN w/ MUSHROOM GRAVY GARLIC ROASTED POTATOES GREEN BEANS MANDARIN ORANGES	11. CHICKEN CACCIATORE PASTA SHELLS w/ MARINARA GREEN & YELLOW SQUASH SWEET TREAT JUICE	12. PHILLY CHEESE STEAK w/ ROLL SWEET POTATO TATER TOTS MIXED VEGETABLES FRESH ORANGE	13. BROCCOLI, POTATO, & CHEDDAR SOUP CRISPY COD MACARONI & CHEESE BRUSSEL SPROUTS PINEAPPLE TIDBITS
16. CHEESE PIEROGIS w/ SHREDDED CABBAGE GROATS w/ ROASTED VEGETABLES BROCCOLI DICED PEACHES	17. ITALIAN PORK SAUSAGE & PEPPERS w/ GRINDER ROLL CAULIFLOWER, CARROTS, & SNAP PEAS FRUIT COCKTAIL	18. <u>St. PATRICK'S DAY</u> CORNED BEEF & CABBAGE STEAMED PARSLEY POTATOES SLICED CARROTS IRISH SODA BREAD JUICE MINT BROWNIES PLEASE SUBMIT MENU BY 3/11	19. STUFFED CHICKEN KIEV HERB ROASTED POTATOES BRUSSEL SPROUTS DICED PEARS	20. SPLIT PEA & HAM SOUP CHEESE MANICOTTI GARLIC BREAD GREEN & YELLOW SQUASH LIMA BEANS FRESH FRUIT
23. CHICKEN & BROCCOLI STEAMED RICE ORIENTAL VEGGIE BLEND SWEET TREAT JUICE	24. MEATLOAF w/ GRAVY MASHED POTATOES ZUCCHINI, PEAS, & CARROTS FRESH ORANGE	25. CHICKEN MARSALA RICE PILAF BRUSSEL SPROUTS TROPICAL FRUIT CUP	26. BAKED HAM w/ PINEAPPLE GLAZE TURNIPS w/ HERBS GREEN & WAXED BEANS MANDARIN ORANGES	27. <u>FRESH FRIDAY</u> COST: \$7  PLEASE REGISTER IN OFFICE WITH PAYMENT BY 3/20
30. PORK SAUSAGE w/ BISCUIT TATER TOTS SQUASH MIX w/ CARROTS & STRING BEANS FRESH FRUIT	31. CHICKEN FAJITA YELLOW RICE & BLACK BEANS CORN w/ PEPPERS & ONIONS SWEET TREAT JUICE	Menu is subject to change without notice. 1% milk & whole grain bread are served with each meal.		

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.