

~TVCCA SENIOR CAFÉ OCTOBER MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. CHICKEN CORDON BLEU SHREDDED HERB POTATOES BRUSSEL SPROUTS FRESH ORANGE	2. STUFFED GREEN PEPPERS CARROT COINS CAULIFLOWER DICED PEACHES	3. CRISPY COD MACARONI & CHEESE BROCCOLI FRUIT COCKTAIL	4. <u>BIRTHDAY LUNCH</u> CHICKEN FAJITA SPANISH RICE MIXED VEGETABLES SWEET TREAT JUICE CAKE & ICE CREAM ~WITH~ CORN CHOWDER
7. ITALIAN SAUSAGE & PEPPERS PENNE PASTA W/ MARINARA GREEN BEANS & WAXED BEANS FRESH FRUIT	8. <u>SPAGHETTI LUNCHEON</u>  COST: \$7 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 10/3*	9. POT ROAST AU JUS MASHED POTATOES MIXED VEGETABLES FRUIT COCKTAIL	10. PORK STIR FRY STEAMED RICE JAPANESE VEGETABLE BLEND PEARS W/ MANDARIN ORANGES	11. LEMON DILL HADDOCK STEAMED PARSLEY POTATOES SQUASH MIX W/ CARROTS & STRING BEANS APPLESAUCE ~WITH~ BROCCOLI, POTATO, & CHEDDAR SOUP
14. SENIOR CENTER CLOSED 	15. <u>TVCCA's OKTOBERFEST</u> BRATWURST W/ SAUERKRAUT GERMAN POTATO SALAD RED CABBAGE GERMAN CHOCOLATE CAKE JUICE *SIGN UP BY 10/8*	16. CHICKEN CHILI W/ CHEDDAR BAKED POTATO GREEN BEANS LIMA BEANS FRUIT COCKTAIL	17. STUFFED HADDOCK W/ SHELLFISH RICE PILAF BROCCOLI FRESH FRUIT	18. BRAISED BEEF TIPS HERB ROASTED POTATOES PEAS & PEARL ONIONS PEARS W/ MANDARIN ORANGES ~WITH~ SPLIT PEA & HAM SOUP
21. BROCCOLI & CHEESE STUFFED CHICKEN GARLIC ROASTED POTATOES MIXED VEGETABLE MEDLEY FRUIT COCKTAIL	22. CHEESE PIEROGIS WHEAT BERRIES W/ ROASTED VEGGIES CABBAGE W/ ROASTED APPLES DICED PEACHES	23. PORK SAUSAGE & GRAVY W/ BISCUIT TATER TOTS CORN W/ PEPPERS & ONIONS SWEET TREAT JUICE	24. STUFFED SHELLS W/ MARINARA GREEN & WAXED BEANS CAULIFLOWER PINEAPPLE TIDBITS	25. <u>FRESH FRIDAY</u>  COST: \$7 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 10/21*
28. GLAZED PORK LOIN W/ ROOT VEGGIES RICE PILAF BROCCOLI SWEET TREAT JUICE	29. SHEPHERDS PIE CORN PEAS & CARROTS APPLESAUCE	30. <u>LUNCH & LEARN</u>  COST: FREE *PLEASE SIGN UP IN OFFICE BY 10/25*	31. <u>HALLOWEEN PIZZA PARTY</u>  COST: \$5 *PLEASE SIGN UP WITH PAYMENT IN OFFICE BY 10/28*	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 \$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.