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 Maraiah Popeleski, RDN.

TVCCA SENIOR CAFÉ ~ JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **New Year Holiday** **Program Closed** 	**3** Cuban Roast Pork Yellow Rice & Black Beans Chuck Wagon Vegetable Medley Fresh Apple	**4** Cheese Omelet Roasted Potatoes Green Beans & Diced Tomatoes Sweet Treat Juice **Bingo**	**5** Tuscan Baked Chicken Rice Pilaf Capri Vegetable Blend Pears w/ mandarin oranges	**6**
9 	**10** Lemon Garlic Chicken Brown Rice Broccoli Pineapple Tidbits	**11** Pub Burger w/ bun Roasted Potatoes Mixed Vegetables Sweet Treat Juice	**12** Southwestern Crusted Cod Rice Pilaf Broccoli Peaches 	**13**
16 **Dr. Martin Luther King Holiday** **Program Closed**	**17** Lemon Herb Haddock Seasoned Rice Italian Vegetable Medley Fresh Orange	**18** **Birthday Celebration** Cream Chicken Alfredo w/ Pasta Peas Carrots Birthday Treat Grape Juice **Bingo**	**19** Pot Roast Roasted Potatoes Capri Vegetable Medley Fresh Apple 	**20**
23	**24** Meatloaf w/ gravy Garlic Mashed Potatoes Green Beans & Diced tomatoes Applesauce	**25** **Ethnic Celebration** Hungarian Chicken Paprika Parsley Potatoes Mixed Vegetables Sweet Treat Juice	**26** BBQ Pulled Pork w/ roll Baked Beans Chuck Wagon Vegetable Medley Pineapple Tidbits	**27**
30	**31** BBQ Chicken Rice Pilaf Zucchini & Yellow Squash Pears w/ mandarin oranges		**1% milk and whole grain bread served with each meal. Menu is subject to change without notice.**	***Inclement weather watcher: If severe inclement weather is in the forecast, program opening is subject to change.*** ***Inclement weather closings will be announced on all local radio stations and TV Channel 3 & 8.***