



TVCCA SENIOR CAFE (No Monday) NOVEMBER 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Swedish Meatballs Buttered Noodles Green Beans & Diced Tomatoes Fresh Fruit</p>	<p>2 Chicken Stew Garlic Roasted Potatoes Long Bean Medley Fruit Cocktail</p> <p>BINGO</p>	<p>3 BBQ Pulled Pork w/ roll Baked Beans Mixed Vegetables Applesauce Cup</p>	<p>4</p>
<p>7</p>	<p>8 Chicken Teriyaki Steamed Rice Oriental Mix Birthday Sweet Grape Juice <u>BirthDay Celebration</u></p>	<p>9 <i>VETERANS DAY LUNCHEON</i> Burger, baked beans, coleslaw, French fries, milk shake & apple pie. <i>\$7 for Waterford Residents</i> <i>Waterford Veteran free—please stop</i> <i>in office for ticket</i></p>	<p>10 Mexican Cod Spanish Rice Capri Vegetable Medley Applesauce Cup</p> <p><u>Ethnic Celebration</u></p>	<p>11</p>
<p>14</p> 	<p>15 Beef Hot Dog w/ bun Roasted Potatoes Italian Vegetable Medley Applesauce Cup</p> 	<p>16 <u>Thanksgiving Celebration</u>Roast Turkey w/ Gravy Stuffing, Mashed Potatoes Green Beans & Diced Tomatoes, Cranberry Sauce , Sugar Cookie</p> <p>BINGO</p>	<p>17 Beef Stew Buttered Noodles Winter Vegetable Medley Peach Cup</p>	<p>18</p>
<p>21</p>	<p>22 Cheeseburger Noodle Casserole Peas Carrot Coins Pears w/ mandarin oranges</p>	<p>23 Western Omelet Hash Brown Potatoes Mixed Vegetables Applesauce Cup</p>	<p>24</p>  <p>Senior Nutrition Program Closed</p>	<p>25</p> <p>Senior Nutrition Program Closed</p>
<p>28</p> 	<p>29 Cuban Braised Pork Loin Yellow Rice & black beans Chuck Wagon Vegetables Pineapple Cup</p>	<p>30 Lemon Garlic Chicken Rice Pilaf Capri Vegetable Medley Pears w/ mandarin oranges</p>		<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>