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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Cheese Burger Noodle Casserole  
Broccoli  
Cauliflower  
Peach Cup | Chicken Marsala  
Rice Pilaf  
Peas & Carrots  
Pears w/ mandarin oranges | Lemon Pepper Cod  
Macaroni & Cheese  
Capri Vegetable Medley  
Cupcake & Grape Juice | Eggplant Rolette  
Penne Pasta w/ Marinara  
Green Beans  
Fruit Cocktail | Meatloaf w/gravy  
Mashed Potatoes  
Pease & Carrots  
Peach Cup |
| 4 | 5 | Suggested Donation for Salad Meals $3.50 | Birthday Celebration 6 | 1 |
| Cuban Pulled Pork w/ Bun  
Baked Beans  
Capri vegetable medley  
Applesauce  
Ethnic Celebration | Stuffed Shells w/ Marinara  
Broccoli  
Baby Carrots  
Pear Cup | Chicken Piccata  
Rice Pilaf  
Normandy Vegetable Medley  
**or Egg Salad Plate**  
Fresh Orange | Meatloaf w/ Gravy  
Mashed Potatoes  
Peas & Carrots  
Pears w/ mandarin oranges | Tuscan Beef Stew  
Peas & Carrots  
Broccoli  
Fresh Banana |
| 11 | 12 | 13 | 14 | 15 |
| Salisbury Steak w/gravy  
Mashed Potatoes  
Green Beans  
Fresh Orange | Cod Newburg  
Paprika Roasted Potatoes  
Broccoli & Cauliflower  
Apple Juice  
Oatmeal Cookie | Beef Stroganoff  
Buttered Egg Noodles  
Peas & Carrots  
**or Tuna Salad Plate**  
Applesauce Cup | Baked Ziti w/  
Sweet Chicken Sausage  
Italian Vegetable Medley  
Peas  
Pineapple Cup | Sweet & Sour Chicken Breast  
Rice Pilaf  
Normandy Vegetable Medley  
Pears w/ mandarin oranges |
| 18 | 19 | 20 | 21 | 22 |
| Chicken Parmesan  
Rice Pilaf  
Italian Vegetable Medley  
Grape Juice & Danish | Maple Mustard Braised Pork  
Mashed Sweet Potatoes  
Mixed Vegetables  
Fresh Fruit | Chicken Florentine  
Au Gratin Potatoes  
Zucchini & Diced tomatoes  
**or Greek Salad**  
Peach Cup | Cheese Manicotti w/ Marinara  
Baby Carrots  
Pear Cup | Pub Burger w/ Bun  
Herb Roasted Potatoes  
Green Beans & red peppers  
Fruit Cocktail |
| 25 | 26 | 27 | 28 | 29 |