



# TVCCA SENIOR CAFE JULY 2017

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>3</p>	<p>4    <b>Independence Day</b>                  Happy 4th of July!  <u>Senior Nutrition Program Closed</u></p>	<p>5  <u><i>Birthday Celebration</i></u>                  Mexican Haddock w/corn salsa                  Yellow Rice &amp; Black Beans                  Chuck Wagon Vegetables                  Orange Juice                  Birthday Treat</p>	<p>6                  Chicken Stew                  Paprika Potatoes                  Broccoli Florets                  Fresh Orange</p>	<p>7</p>
<p>10</p>	<p>11                  Cheese Manicotti w/ marinara                  Stewed Chickpeas                  Green Beans                  Pears w/ mandarin orange</p>	<p>12  <u><i>July Special Meal</i></u>                  BBQ Chicken Leg Quarter                  Baked Beans                  Coleslaw                  Cornbread                  Apple Pie &amp; Juice</p>	<p>13                  Salisbury Steak w/ gravy                  Mashed Potatoes                  Stewed Tomatoes                  Fruit Cocktail</p>	<p>14</p>
<p>17</p>	<p>18                  Meatballs Marinara                  Grinder Roll w/ cheese                  Green Beans                  Applesauce Cup</p>	<p>19  <u><i>Ethnic Celebration</i></u>                  Chicken soft tacos w/ cheddar                  cheese &amp; flour tortillas                  Mixed Vegetables                  Sweet Treat &amp; Juice</p>	<p>20                  Crispy Cod Patty                  Macaroni &amp; Cheese                  Chuck Wagon Vegetables                  Peaches</p>	<p>21</p>
<p>24</p>	<p>25                  Beef &amp; Bean Chili                  Baked Potato &amp; Shredded                  cheese                  Mixed Vegetables                  Fresh Apple</p>	<p>26                  Chicken Broccoli Alfredo                  Penne Pasta                  Capri Vegetables                  Sweet Treat &amp; Juice</p>	<p>27                  Stuffed Shells                  Garlic Tomato Cannellini Beans                  Zucchini                  Pineapple Tidbits</p>	<p>28</p>
<p>31</p>	<p></p>		<p></p>	<p><i>1% milk and whole grain                  bread are served with each                  meal.                  Menu is subject to change                  without notice</i></p>