



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.

TVCCA ROSE CITY SENIOR COMMUNITY CAFE February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Every Tuesday HOMESTYLE MEALS			Every Friday HOMESTYLE MEALS
Veal & Beef Patty w/Marsala Sauce over Pasta, Broccoli, Vegetable Blend, Peach Cup 1	Chicken Thigh w/BBQ Sauce Broccoli, Corn Fruit Cocktail Cup 2	"Pot Luck Meal" Fresh Orange  3	Baked Ziti Casserole, Green Beans, Wax Beans, Grape Juice, Sugar Cookie 4	Swiss Steak Rice Pilaf Broccoli, Pineapple Cup 5
Pork Chop w/gravy Potato Medley, Peas & Carrots, Pears w/Mandarin Oranges 8	Sweet & Sour Meatballs over Rice, Brussels Sprouts Carrots, Fresh Fruit 9	Valentines Celebration Day Cheese Lasagna Casserole Corn & Broccoli, Cranberry Juice, Apple Pie 10	Meatloaf w/Marinara Sauce Red Bliss Potatoes, Peas & Carrots, Applesauce Cup 11	Baked Ham w/Pineapple Baked Sweet Potatoes, Green Beans Peaches 12
 President's Day Senior Nutrition Program Closed 15	Turkey w/gravy & stuffing Peas & Carrots, Butternut Squash, Orange Juice, Cup Cake Happy Birthday 16	Eggplant Parmesan Broccoli, Rutabaga, Peach Cup <i>Ash Wednesday</i> 17	Chicken w/Dijon Sauce Rice Pilaf, Green Beans, Fresh Orange 18	Vegetable Lasagna Tossed Salad w/Tomatoes Corn Chowder Soup Applesauce Cup 19
Sweet & Sour Chicken over Rice Broccoli & Cauliflower Carrots, Fresh Fruit 22	Beef Pepper Patty w/gravy Garlic Roasted Potatoes Capri Blend Vegetables Pears w/Mandarin Oranges 23	<i>Ethnic Day</i> Chicken Vera Cruz, Yellow Rice Mixed Vegetables Applesauce Cup 24	Breaded Veal & Beef Patty Hamburger Bun, Stewed Tomatoes, Bean Medley, Pears w/Mandarin Oranges 25	Seafood Salad on roll Potato Salad, Tossed Salad w/Tomatoes, Grape Juice Oatmeal Cookie <u>Sr. Center Birthday Celebration</u> 26

1% milk and whole grain bread are served with each meal.
Menu is subject to change with out notice.