

TVCCA SENIOR CAFE JULY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice			1
 4 Independence Day Happy 4th of July!	5 Ethnic Celebration Chicken Curry Rice Casserole Snap Peas Diced Carrots Cranberry Juice Sweet Bread	6 Meatloaf w/gravy Garlic Mashed Potatoes Chopped Broccoli Fresh Orange	7 Stuffed Shells w/marinara Green Beans & Wax Beans Applesauce Cup	8
11	12 Cheeseburger Noodle Casserole Green Beans Carrots Pineapple Cup	13 Stuffed Chicken w/Broccoli & Cheese Roasted Potatoes Capri Vegetable Medley Peach Cup	14 Chicken Paprika Parsley Potatoes Mixed Vegetables Applesauce Cup	15
 18	 19 Beef Stew Buttered Shells Winter Vegetable Medley Fresh Banana	20 Western Omelet Roasted Potatoes Long Bean Medley Fruit Cocktail	21 Chicken Alfredo w/Pasta Peas Carrot Applesauce Cup	22
 25	26 Sweet & Sour Pork Steamed Rice Long Bean Medley Pears & Mandarin Oranges	27 Swedish Meatballs Buttered Noodles Chuck Wagon Blend Pineapple Cup	28 Chicken Stew Garlic Roasted Potatoes Mixed Vegetables Applesauce Cup	29
				