



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 Maraiah Popeleski, RDN.



# TVCCA SENIOR CAFÉ MAY 2017

## MONDAY

## TUESDAY

## WEDNESDAY

<p>1 Chicken Marsala Mashed Potatoes Apple Pie</p> <p><b>BISTRO \$4.00</b></p>	<p>2 Pot Roast Red Potatoes Carrot Coins Diced Peaches</p> <p><i>Suggested Donation: \$3.00</i></p>	<p>3 Pesto Grilled Chicken Rice Pilaf, Spring Vegetable Mix Pears w/ mandarin oranges <i>Suggested Donation: \$3.00</i></p> <p><b><u>PNC Senior Club Meeting</u></b> <b>*STONINGTON FREE LIBRARY*</b> <b>10-11:30 am</b></p>
<p>8 Meatloaf w/Gravy Scalloped Potato Fudge Brownie</p> <p><b>BISTRO \$4.00</b></p>	<p>9 Meatballs Marinara Penne Pasta Green Beans Fresh Apple</p> <p><i>Suggested Donation: \$3.00</i></p>	<p>10 BBQ Pulled Pork w/ roll Baked Beans, Corn Sweet Treat &amp; Juice <i>Suggested Donation: \$3.00</i></p> <p><b>McQuades Pharmacy</b> <b>Speaker: Prevent Slips, Trips &amp; Falls</b> <b>11:00-11:30 am</b></p>
<p>15 Stuffed Shells w/Meatballs Garlic Bread Peach Crisp</p> <p><b>BISTRO \$4.00</b></p>	<p>16 Cheese Manicotti w/ marinara Stewed Chickpeas Green Beans Pears w/ mandarin oranges</p> <p><i>Suggested Donation: \$3.00</i></p>	<p>17 Chicken Sausage &amp; Peppers Grinder Roll &amp; Cheese, Zucchini Birthday Treat &amp; Juice <i>Suggested Donation: \$3.00</i></p> <p><b>*STONINGTON FREE LIBRARY*</b> <b>10-11:30 am</b></p>
<p>22 Pot Roast w/Carrots &amp; Onions Mashed Potatoes Chocolate Cake</p> <p><b>BISTRO \$4.00</b></p>	<p>23 Braised Pork w/ herb sauce Yellow Rice &amp; Black Beans Mixed Vegetables Pineapple Tidbits</p> <p><i>Suggested Donation: \$3.00</i></p>	<p>24 <b><u>Mother's Day Celebration</u></b> Crab Stuffed Sole Jeweled Rice Capri Vegetables, Parker Roll Fudge Brownie &amp; Juice <b><i>Suggested Donation: \$4.50</i></b></p> <p> <b>🎵 Music by Clayton Allen</b></p>
<p>29  <b>Memorial Day Holiday</b> <b>PNC Closed</b></p>	<p>30 Beef &amp; Bean Chili Baked Potato &amp; Shredded cheese Mixed Vegetables Fresh Orange</p> <p><i>Suggested Donation: \$3.00</i></p>	<p>31 Chicken Alfredo Primavera Penne Pasta, Peas &amp; Pearl Onions Sweet Treat &amp; Juice <i>Suggested Donation: \$3.00</i></p> <p><b>Stonington Historical Society</b> <b>1938 Hurricane - 11:00-11:30 am</b> <b>*STONINGTON FREE LIBRARY*</b> <b>10-11:30 am</b></p>



## PAWCATUCK NEIGHBORHOOD CENTER

### INTER-GENERATIONAL BISTRO MENU & TVCCA SENIOR COMMUNITY CAFÉ

**BISTRO: MONDAY**  
Fixed Price: \$4.00 Hot Meal

**CAFÉ: TUESDAY & WEDNESDAY**  
Suggested Donation: \$3.00 Hot Meal



To reserve a meal, call the PNC  
ONE WEEK in ADVANCE  
at 860-599-3285 ext 15

## LUNCH SERVED @ 11:30

**Bingo**  
Mon-Wed after lunch!!

***PNC Senior Club Meeting & Birthday Celebration***  
***1st Wednesday each month***

**Happy Spring**

**1% milk and whole grain bread are served with each meal.**  
**Menu is subject to change without notice.**

