



Senior Center Newsletter

The latest news, views, and
announcements

November
2021

610 Sullivan Street

Berlin NH 03570

Access Senior Meals Menu on Line
www.tccap.org

Services

Senior Meals of Coos County/Berlin
Senior Center

DOWNLOAD Senior Center Menu



CLOSINGS



Thank You Veterans

*For stepping forward when others step
back*

*For placing yourself between us and
danger*

For protecting our freedoms

For serving our country

We honor you today and everyday!

Annual Road Toll
Wednesday, November
24

7:30AM-3:30PM

Glen Ave.

Volunteers Needed

Please notify Leila if you
can help




Indoor Dining/Thursday Only

Doors open at 11:30/Limited Seating

Masking required/Social Distancing- 4 per table

Reservations required weekly by calling Leila @ 752-
2545

Menu November 2021

1	2	3	4	5
Meatballs w/gravy Mashed Normandy blend veg. Tropical Fruit	Glazed Chicken Rice Pilaf Harvard Beets Fresh Fruit	Tortellini w/meatsauce Green Beans Rice Pudding	Chicken Cordon Blue casserole Brussel Sprouts Gingerbread w/ cream	Baked stuffed fish Peas Assorted desserts
8	9	10	11	12
Beef Patty w/onions, peppers, Mushrooms & gravy Mashed Potato Vegetable Blend Pineapple	Lasagna Green beans Fresh fruit	Stuffed Chicken Mashed Potato Spinach Mixed Berries over yogurt	<u>CLOSED</u> Veteran's Day	BBQ pulled pork Sandwich Potato wedges Vegetable Vanilla Pudding
15	16	17	18	19
Chicken Bruschetta Mashed potato Mixed Vegetable Diced Pears	Beef Stew Green Beans Fresh Fruit	<u>Thanksgiving Dinner</u> Turkey, Stuffing & Gravy Mashed potato Squash Cranberry Sauce Pie	Pork w/ gravy Sweet Potato Brussel sprouts Chocolate Pudding	Chinese Pie Mixed Vegetable Vegetable Jello
22	23	24	25	26
Fish & Chips Rice Pilaf Normandy blend veg. Fruit Cocktail	Salisbury steak Baked potato Carrots Fresh fruit	<u>Annual Road Toll</u> Chicken Parmesean Spaghetti Broccoli Butterscotch pudding	<u>Closed</u> 	<u>Closed</u> <i>Thanksgiving Holiday</i>
29	30	Menu subject to change without notice	Your \$3.00 donation per meal is greatly appreciated	Call by 10AM For Your Reservation <u>752-2545</u>
American Chop Suey Green Beans Applesauce	Chicken Fingers Fries Vegetable Fresh Fruit			