



CAC SENIOR NUTRITION PROGRAM

July 2025

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
	1	2	3	4
	Hot Dog w/ Chili (Tomato Pie w/Roll) Green Beans Coleslaw Apple Crisp Bun	Pineapple teriyaki Pork w/rice & Carrots (Pineapple Teriyaki veggie stir fry) Peas Squash Casserole Roll	Grilled Chicken (Veggie Patty) Broccoli Roasted Corn Fresh Fruit Roll	*Holiday! No Meals Served* 
7	8	9	10	11
Pancake w/ sausage & eggs (Omelet w/ cheese) Breakfast Potatoes Baked Apples Fruit juice	Meatballs w/ Mushroom Gravy (Broccoli, rice, cheese casserole) Mashed Potatoes Asparagus Peaches Garlic Knot	Jambalaya w/ chicken and sausage (Quinoa Salad) Butternut Squash Corn Applesauce Roll	White Beans and Ham (White Bean Chili) Sweet Potatoes California Blend Fresh Fruit Biscuit	Greek Pasta Salad with Chicken (Pimento cheese on bed of lettuce, bun) Italian tomato salad Fresh watermelon Roll
14	15	16	17	18
Spanish rice (Beef) (Vegetable pasta marinara) Carrots Broccoli Fruit Cup Garlic Knot	Fish w/ Tartar Sauce (Squash Casserole) Spinach Succotash Fruit Juice Roll	Sausage w/ onions and peppers (Mac and Cheese) Red Beans and Rice Baked Pears Hot dog bun	Meatloaf (Veggie Patty) Scalloped Potatoes Peas Fresh Fruit Roll	Chicken Caesar Salad (Egg Salad w/Tomato Half) Three Bean Salad Peaches Crackers
21	22	23	24	25
Pizza Burger (Vegetarian Chili w/ Crackers) Seasoned Potatoes Mixed Vegetables Fruit Juice Bun	BBQ Riblet (BBQ Chickpeas) Squash Maple Baked Beans Pears w/ Blueberries Bun	Chicken Casserole (Spinach Pie) Peas & Carrots Baked Peaches Biscuit	Salmon Patty w/ Tartar Sauce (Mushroom Stroganoff) Lima Beans Broccoli Fresh Fruit Roll	Chef Salad with Ham, Egg, and Cheese (Vegetable Bean Salad) Cucumber Tomato Salad Tropical Fruit Crackers
28	29	30	31	
Salisbury Steak, w/ mushrooms, peppers and onions (Mac and Cheese) Asparagus Peach Crisp Roll	Red Beans & Rice w/ Sausage w/ Cornbread (Alfredo vegetable pasta/ Roll) Brussel Sprouts Pear & Blueberry Crisp	Chicken Parmesan (Vegetarian Cottage Pie) Green beans Beet, Carrot, & Broccoli Salad Baked Pineapple	Beef Burrito (Santa Fe Couscous) Mexican Corn Broccoli Fruit Juice Corn Chips	

TO MICROWAVE: Cut holes in plastic and keep meal covered. Heat for 1-2 minutes, stir, and turn meal. Heat for 1 more minute if meal is still cold. If you receive your meal cold, follow same process, but heat 3-5 minutes with an additional minute if still

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

*Diet Dessert

Please call Mobile Meals Office to change your

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal
(865) 524-2786**