








# CAC SENIOR NUTRITION PROGRAM

June 2025

Name: \_\_\_\_\_

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
BBQ Chicken (Veggie Patty) Creamed Spinach Corn Applesauce Roll	Fish w/ Tartar Sauce (Mushroom Casserole w/ Rice) Mashed Potatoes Broccoli Fruit Juice Roll	Spanish rice (Beef) (Vegetable pasta marinara) Carrots Peas Fresh Fruit Garlic Knot	Macaroni & Cheese (Squash Casserole) Okra & Tomatoes Asparagus Fruit cup Roll	Chicken Caesar Salad (Egg Salad w/Tomato Half) Three Bean Salad Peaches Crackers
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Beef Burrito w/ cheesy salsa (Santa Fe Couscous) Mexican Corn Spinach Fruit Juice Corn chips	Chicken stir fry w/ vegetables (Macaroni and cheese) Black Beans Pineapple cherry crisp Roll	Pasta w/ Meat Sauce (Spinach Pie) Butternut Squash Broccoli Applesauce Roll	Chicken Casserole (Mushroom Stroganoff) Brussel Sprouts Baked Peaches Roll	Tuna salad on bed of lettuce (Pimento cheese on bed of lettuce) Italian tomato salad Pears w/blueberries Bun
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
BBQ Riblet (Veggie Patty) Green Beans Maple Baked Beans Fresh Fruit Bun	Red Beans & Rice w/ Sausage, Onions & Peppers (Alfredo vegetable pasta) Broccoli Baked Pears Blueberry Crisp Roll	Greek Pasta Salad w/ Chicken (Vegetable Bean Salad) Carrot Kale Salad Watermelon Cup Crackers	<b>*Holiday! No Meals Served*</b> 	Hot Dog w/ Chili (Tomato Pie w/Roll) Mixed Vegetables Coleslaw Apple Crisp Bun
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Hamburger (Vegetarian Chili w/ Crackers) Seasoned Potatoes Mixed Vegetables Fruit Cup Bun	Pancake w/ sausage & eggs (Omelet w/ cheese) Breakfast Potatoes Baked apples Fruit juice	Chicken Parmesan (Fish Patty on Bun) Corn Beet, Carrot, & Broccoli Salad Baked Pineapple Roll	White Beans and Ham (Rigatoni w/ ricotta & mushrooms, peppers) Mustard Greens Baked Peaches Cornbread	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto) Cucumber Tomato Salad Tropical Fruit Crackers
<b>30</b>				
Salmon Patty w/ Roasted Corn Relish (Vegetarian Cottage Pie) Squash Casserole Asparagus Fresh Fruit Roll				

## IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

\*Diet Dessert

Please call Mobile Meals Office to change your entrée.

**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 cold.

Please call Mobile Meals (preferably the day before) if you will not be home for your meal

(865) 524-2786