







CAC SENIOR NUTRITION PROGRAM

August 2025

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
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				Greek Pasta Salad with Chicken (Greek chickpea veggie salad) Cucumber Tomato salad Fresh watermelon
4	5	6	7	8
Sausage & Eggs (Omelet w/ cheese) Breakfast Potatoes Baked Apples Fruit juice Biscuit	Meatballs w/ Mushroom Gravy (Broccoli, rice, cheese casserole) Mashed Potato Peas Peaches Garlic Knot	Grilled Chicken w/ Pineapple salsa (Quinoa Salad) Carrots Roasted Corn Applesauce Roll	Turkey and stuffing (Mac and Cheese) Green Beans Yellow Squash Mandarin Oranges	Tuna Salad on a bed of lettuce (Pimento cheese on bed of lettuce) Italian tomato salad Peaches Bun
11	12	13	14	15
Spanish rice (Beef) (Vegetable pasta marinara) Corn Broccoli Fruit Cup Garlic Knot	Fish w/ Tartar Sauce (Squash Casserole) Spinach Succotash Fruit Juice Roll	White Beans and Ham (White Bean Chili) Sweet Potatoes California Blend Applesauce Biscuit	Salisbury Steak (Veggie Patty) Scalloped Potatoes Carrots Fresh Fruit Roll	Chicken Caesar Salad (Egg Salad w/Tomato Half) Three Bean Salad Peaches Crackers
18	19	20	21	22
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	Beef Burrito w/ cheesy salsa (Veggie Tamale w/ cheesy salsa) Mexican Corn Broccoli Fruit Juice	Chef Salad w/ chicken, Ham, Egg, and Cheese (Vegetable Bean Salad) Cucumber Tomato Salad Tropical Fruit Crackers
25	26	27	28	29
Chicken Parmesan (Macaroni and cheese) Green beans Roasted Corn Pineapple cup Roll	Hot Dog w Chili (Tomato Pie w/ roll) Mixed Vegetables Coleslaw Baked Apples Bun	Red Beans & Rice w/ Sausage (Alfredo vegetable pasta/ Roll) Brussel Sprouts Pear & Blueberry Crisp Cornbread	Salmon patty w/tartar (Mushroom Stroganoff) Lima Beans Broccoli Fruit Juice Roll	Southwest Chicken Pasta Salad (Pesto Vegetable Pasta) Carrot Kale Salad Fruit Cocktail

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**