




CAC SENIOR NUTRITION PROGRAM

December 2023

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
					Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Spiced Peaches Hot dog bun	
3	4	5	6	7	8	9
	Meatloaf (Corn Chowder w/ Crackers) Scalloped Potatoes Peas and Carrots Fruit Juice/Wheat Roll	Chicken Dijon (Fish patty w/Tartar Sauce) Mashed Potatoes Spinach Applesauce/Onion Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Pears w/ Blueberries Flavored Waffle/V8 Juice	Meatball Sub (Mushroom Stroganoff) (roll) Broccoli Carrots Fresh fruit/Hot Dog Bun	Fish w/ Tartar Sauce (Macaroni and Cheese) Lima Beans Stewed Tomatoes Fruit Cup/Multigrain roll	
10	11	12	13	14	15	16
	Pulled Pork (Vegetable Patty) Baked Beans Mixed Vegetables Fresh Fruit Bun	Ranch Chicken (Salmon patty w/Tartar Sauce) Italian Tomatoes Green Beans Fruit cup/Multigrain Roll	Pinto Beans and Ham (Tomato Pie) Turnip Greens Corn Cornbread Applesauce	Beef and Macaroni and Tomatoes (Eggplant Parmesan) Peas Apple Blueberry Crisp Multigrain Roll	Chicken w/Peppers, Onions and Cheese (Vegetable Stir Fry) Broccoli Baked Peaches Wheat Roll	
17	18	19	20	21	22	23
	Chicken Stew (Vegetable Creole) Corn Baked Apples Roll	BBQ Riblet (California Casserole) Broccoli Baked Beans Wheat Roll Fruit Cup	Bacon Burger (Spanish Couscous) Seasoned Potatoes Mixed Vegetables Fruit Juice Bun	Salmon patty w/ tartar sauce (Cheese Ravioli/ Roll) Potato Casserole Carrots Applesauce Roll	Cranberry Apple Chicken (Barley Lentil Stew) Brussel Sprouts Creamed Corn Multigrain Roll Special Dessert	
24	25 CALL TO REQUEST	26	27	28	29	30
	Roast Beef and Gravy Creamed Potatoes Green Bean Casserole Baked Fruit w/Cherries Soft Roll* Special Dessert (B Meal Upon Request)		Hot dog w/ Chili (Cheese Ravioli/Roll) Seasoned potatoes Green beans Fruit Cup Bun	Chicken Casserole (Vegetarian Chili w/Crackers) Carrots Peas Applesauce Flavored Waffle	Glazed Ham (Mixed Beans w/Cornbread) Black eyed Peas Mixed Greens Roll Fresh Fruit	

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

***Diabetic desert**

Please use attached envelope for your monthly meal contribution.

INSTRUCTIONS FOR 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.

REMEMBER to call MOBILE MEALS if you will not be home for your meal, preferably the day before, Office Phone Number is (865) 524-2786