**CAC SENIOR NUTRITION PROGRAM**

**FEBRUARY 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun.** | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fr** | **Sat.** |
|  |  |  | **1** | **2** | **3** | **4** |
|  |  |  | Cheese Lasagna w/Meat Sauce(Vegetable Patty)Steamed PeasSweet Carrots Fresh FruitSoft Roll | Pinto Beans and Ham(Broccoli Cauliflower Casserole/ Roll)Turnip GreensMacaroni and TomatoesFresh FruitCornbread | Ranch Chicken (Macaroni and Cheese)Italian Tomatoes Buttered CornFruit JuiceMultigrain Roll |  |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | Beef Patty w/Mushroom & Onion, Gravy(Corn Chowder)Mashed PotatoesGreen BeansPineapple Cherry CrispRoll | Chicken Casserole (Pinto Beans/Cornbread)Carrots PeasFruit JuiceWheat Roll | Cheese Omelet/Sausage(Spinach Pie/Roll)Breakfast PotatoesMaple ApplesPancakeV8 Juice | Homemade Chili (Cheese Ravioli/ Roll)BroccoliCornFresh FruitCrackers | Salmon w/Sour Cream Dill Sauce(Cheese Calzone)Mixed VegetablesBlack eyed Peas Fruit CupWheat Roll |  |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | Cranberry Apple Chicken(Barley Lentil Stew)Brussel SproutsCreamed CornMultigrain Roll | Meatloaf(Broccoli Cheese Soup w/Crackers)Mashed PotatoesGreen PeasFruit Juice/ Wheat Roll | Fish w/ Tartar Sauce(Tomato Pie)Cheddar PotatoesMixed VegetablesApplesauce/ Multigrain Roll | Beef and Macaroni and Tomatoes**(**White Beans/ Cornbread)Broccoli w/Cheese Sauce Apple Blueberry CrispMultigrain Roll | Chicken Stir Fry w/ Mixed Vegetables(Vegetable Pasta Pesto)Sesame Green BeansBaked PineappleOnion Roll |  |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
|  | HappyPresidents Day | BBQ Riblet(Veggie Patty)Baked BeansCalifornia BlendFruit JuiceWheat Roll | Meatball Sub(Mushroom Stroganoff w/Roll)BroccoliPotato CasseroleFruit CupHotdog Bun | Chicken Stew w/ Carrots, Potatoes (Vegetable Creole)CornBaked ApplesRoll | Ravioli w/Meat Sauce**(**Salmon Patty/Tartar Sauce)Squash, Peppers, Green BeansCornFruit CupGarlic Roll |  |
| **26** | **27** | **28** |  |  |  |  |
|  | Sausage w/Onions and Peppers(Macaroni and Cheese w/Roll)Red Beans and RiceSpiced PeachesHotdog Bun | Bacon Burger(Vegetarian Chili w/Crackers) Seasoned PotatoesMixed Vegetables Fruit Juice/Bun |  |  |  |  |

**IMPORTANT INFORMATION** **INSTRUCTIONS FOR MICROWAVE**

(Alternative Mobile Meal) Cut holes in plastic and keep meal covered.

All meals served with a ½ pint of milk Heat for 1-2 minutes, stir, and turn meal.

**PLEASE CALL MOBILE MEALS OFFICE TO CHANGE YOUR ENTRÉE**  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**