**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 Peas  Sweet Carrots  Fresh Fruit  Soft Roll | Pinto Beans and Ham  (Broccoli Cauliflower Casserole/ Roll)  Turnip Greens  Macaroni and Tomatoes  Fresh Fruit  Cornbread | Ranch Chicken  (Macaroni and Cheese)  Italian Tomatoes  Buttered Corn  Fruit Juice  Multigrain Roll |  |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | Beef Patty w/Mushroom & Onion, Gravy  (Corn Chowder)  Mashed Potatoes  Green Beans  Pineapple Cherry Crisp  Roll | Chicken Casserole  (Pinto Beans/Cornbread)  Carrots  Peas  Fruit Juice  Wheat Roll | Cheese Omelet/Sausage  (Spinach Pie/Roll)  Breakfast Potatoes  Maple Apples  Pancake  V8 Juice | Homemade Chili  (Cheese Ravioli/ Roll)  Broccoli  Corn  Fresh Fruit  Crackers | Salmon w/Sour Cream Dill Sauce  (Cheese Calzone)  Mixed Vegetables  Black eyed Peas  Fruit Cup  Wheat Roll |  |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | Cranberry Apple Chicken  (Barley Lentil Stew)  Brussel Sprouts  Creamed Corn  Multigrain Roll | Meatloaf  (Broccoli Cheese Soup w/Crackers)  Mashed Potatoes  Green Peas  Fruit Juice/ Wheat Roll | Fish w/ Tartar Sauce  (Tomato Pie)  Cheddar Potatoes  Mixed Vegetables  Applesauce/ Multigrain Roll | Beef and Macaroni and Tomatoes  **(**White Beans/ Cornbread)  Broccoli w/Cheese Sauce  Apple Blueberry Crisp  Multigrain Roll | Chicken Stir Fry w/ Mixed Vegetables  (Vegetable Pasta Pesto)  Sesame Green Beans  Baked Pineapple  Onion Roll |  |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
|  | Happy  Presidents Day | BBQ Riblet  (Veggie Patty)  Baked Beans  California Blend  Fruit Juice  Wheat Roll | Meatball Sub  (Mushroom Stroganoff w/Roll)  Broccoli  Potato Casserole  Fruit Cup  Hotdog Bun | Chicken Stew w/ Carrots, Potatoes  (Vegetable Creole)  Corn  Baked Apples  Roll | Ravioli w/Meat Sauce  **(**Salmon Patty/Tartar Sauce)  Squash, Peppers, Green Beans  Corn  Fruit Cup  Garlic Roll |  |
| **26** | **27** | **28** |  |  |  |  |
|  | Sausage w/Onions and Peppers  (Macaroni and Cheese w/Roll)  Red Beans and Rice  Spiced Peaches  Hotdog Bun | Bacon Burger  (Vegetarian Chili w/Crackers)  Seasoned Potatoes  Mixed 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**