








CAC SENIOR NUTRITION PROGRAM

JULY 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
					1 Chili Dog (Tomato Basil Pasta) (Roll) Baked Beans Cheddar Potatoes Fresh Fruit Hotdog Bun	2
3	4	5	6	7	8	9
		Beef Patty w/ Mushroom & Onion Gravy (Cheese Calzone) Mashed Potatoes Green Beans Pineapple Cherry Crisp Whole Wheat Roll	Pulled Pork (Vegetable Patty) Baked Beans Corn, Peas, Carrots Fresh Fruit Bun	Meatball Sub (Mushroom Stroganoff) (roll) Broccoli Potato Casserole Applesauce Hot Dog Bun	Ranch Chicken Pasta/Veggies (Pimento Cheese) Italian Tomato Salad Pears/Blueberries Crackers	
10	11	12	13	14	15	16
	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger (Fish Patty) (Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice/Bun	Taco Chicken Melt (Vegetable Stew) (Crackers) Corn Carrots Broccoli Cauliflower Fresh Fruit/Corn Chips	Meatloaf (Tomato Pie) Mashed Potatoes Green Peas Fruit Cup/ Roll	Tuna Salad w/ Tomato Half (Egg Salad w/ Tomato Half) Beet Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers	
17	18	19	20	21	22	23
	Pancake and Sausage (Cheese Omelet) Breakfast Potatoes Maple Apples Low Sodium V8 juice	BBQ Riblet (Salmon Patty) (Tartar Sauce) Baked Beans Squash, Cauliflower, Peppers Fruit Juice/ Roll	Salmon w Sour Cream Dill Sauce (Pinto Beans) (Cornbread) California Blend Scalloped Potatoes Applesauce/ Onion Roll	Spanish Rice (Ravioli) Green Beans Corn Fruit Cup/ Roll	Chef Salad (Cottage Cheese) Cucumber and Tomato Salad Pineapple and Oranges Crackers	
24	25	26	27	28	29	30
	Ravioli w/Meat Sauce (Vegetable Creole) Italian Blend Corn Fresh Fruit Roll	Fish W/ Tartar Sauce (Mixed Beans)(cornbread) Cheddar Potatoes Brussel Sprouts Fruit Juice Roll	Sausage w/Onions and Peppers (Macaroni and Cheese) (Roll) Red Beans and Rice Spiced Peaches Hot Dog Bun	Beef and Macaroni (Vegetable Stir Fry) Broccoli w/ Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Italian Chicken Salad over Lettuce (Tuna Salad) Italian Green Bean Salad Fruit w/ Yogurt Dressing Crackers	

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

Please call the Mobile Meals Office to make any changes to your menu.

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