




# CAC SENIOR NUTRITION PROGRAM

## June 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BBQ Riblet <i>(California Casserole)</i> Broccoli Maple Baked Beans Wheat Roll/Fruit Cup	Fish w/ Tartar Sauce <i>(Cheese Ravioli/ Roll)</i> Potato Casserole Carrots Applesauce/Roll	Bacon Burger <i>(Vegetable Patty)</i> Green Beans Creamed Corn Potato Salad/Bun	Cheese Omelet/Sausage <i>(Cheese Omelet)</i> Breakfast Potatoes Cinnamon Apples Pancake/V8 Juice	Italian Chicken Salad over Lettuce <i>(Tuna Salad)</i> Broccoli Salad Tropical Fruit Crackers
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Casserole <i>(Cheese Calzone)</i> Carrots Peas Applesauce Multigrain Roll	Pulled Pork <i>(Vegetable Patty)</i> Mixed Vegetables Cheddar Potatoes Cole Slaw/Bun	Chicken Stew <i>(Italian White Bean Soup)</i> Spinach Pears w/ Blueberries Biscuit	Meatball Sub <i>(Mushroom Stroganoff) (roll)</i> Italian Blend Scalloped Potatoes Fruit Juice/Hot Dog Bun	Chef Salad with Ham, Egg, and Cheese <i>(Vegetable Pasta Pesto)</i> Cucumber Tomato Salad Pears w/ Blueberries Whole Wheat Crackers
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Sausage w/Onions and Peppers <i>(Spinach Pie w/Roll)</i> Red Beans and Rice Spiced Peaches Hot dog bun	BBQ Chicken <i>(Vegetable Patty)</i> Baked Beans Mixed Vegetables (corn carrots peas) Fresh Fruit/Onion Roll		Sloppy Joe on Bun <i>(Red Beans and Rice)</i> Corn Casserole Carrots Fruit Juice	Chicken Pasta Salad <i>(Pimento Cheese)</i> Italian Zucchini and Tomato Salad Pineapple w/Cherries Crackers
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Hot dog w/ Chili <i>(Vegetarian Chili w/Crackers)</i> Seasoned potatoes Green beans Cole Slaw/Bun	Macaroni and Cheese <i>(Vegetable Stir Fry)</i> Broccoli Stewed Tomatoes Fresh Fruit/Multigrain Roll	Meatloaf <i>(Salmon w/ Tartar Sauce)</i> Creamy Mashed Potatoes, Peas Fruit Juice/Wheat Roll	Chicken w/Peppers, Onions and Cheese <i>(Corn Chowder w/ Crackers)</i> Mixed Vegetables Baked Peaches Onion Roll	Tuna Salad W /Tomato Half <i>(Egg Salad W Tomato Half)</i> Carrot Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers

### IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

**Please call Mobile Meals Office to change your entrée**

**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 cold.

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal  
(865) 524-2786**