**CAC SENIOR NUTRITION PROGRAM**

**May 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun.** | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fr** | **Sat.** |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
|  | Chicken w/ Peppers, Onions, Swiss Cheese(Vegetable Stir Fry)Broccoli Seasoned PotatoesWheat Roll | Cheese Lasagna w/ Meat Sauce(Fish Patty w/ Tartar Sauce)CornSweet Carrots  Fruit JuiceSoft Roll | Salmon w/ Sour Cream Dill Sauce(Cheese Calzone)Mixed VegetablesMashed PotatoesFresh FruitWheat Roll | Pinto Beans and Ham(Salmon)Turnip GreensMacaroni and TomatoesApplesauceCornbread | Chicken Caesar Salad(Egg Salad)Italian Tomato SaladAmbrosiaCrackers |  |
| **7** | **8** | **9** | **10** | **11** | **12** | **13** |
|  | Beef Patty w/ Mushroom & Onion, Gravy(Corn Chowder)Mashed PotatoesGreen BeansPineapple Cherry Crisp / Roll | Cranberry Orange Chicken(Barley Lentil Stew)Brussel SproutsCreamed CornMultigrain Roll | Sausage w/ Onions and Peppers(Cheese Lasagna w/Roll)Red Beans and RiceSpiced PeachesHotdog Bun | White Chicken Chili (Cheese Ravioli / Roll)Broccoli w/ Red PeppersCornFresh Fruit / Crackers | Tuna Salad w/Tomato Half(Egg Salad w/ Tomato Half)Carrot Kale Salad PineappleBun |  |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
|  | BBQ Riblet(Veggie Patty)Baked BeansCarrots, Cauliflower, BroccoliFruit Juice | Meatloaf(Broccoli Cheese Soup w/ Crackers)Mashed PotatoesGreen Beans w/ ShelliesFruit JuiceWheat Roll | Chicken Casserole (Salmon w/ Tartar Sauce)Carrots PeasApplesauceWheat Roll | Beef and Macaroni and Tomatoes(Eggplant Parmesan)Broccoli w/ Cheese Sauce Apple Blueberry CrispMultigrain Roll | Chicken Pasta Salad(Vegetable Pasta Pesto) Cucumber and Tomato Salad Pineapple w/ CherriesCrackers |  |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
|  | Chicken Dijon(Spanish Couscous)Scalloped PotatoesSpinachFruit JuiceOnion Roll | Fish w/ Tartar Sauce(Macaroni and Cheese)Lima BeansStewed TomatoesApplesauceMultigrain Roll | Ravioli w/ Meat Sauce Tomatoes(Vegetable Patty)Squash, Peppers, Green BeansCornFruit CupGarlic Roll | Ranch Chicken(Tomato Pie)Italian TomatoesPeas & CarrotsFresh FruitMultigrain Roll | Chef Salad with Ham, Egg, and Cheese(Pimento Cheese)Cucumber Tomato SaladTropical FruitWhole Wheat Crackers  |  |
| **28** | **29** | **30** | **31** |  |  |  |
|  |  | Pizza Burger(Vegetarian Chili w/ Crackers) Seasoned PotatoesMixed Vegetables Fruit Juice / Bun | Cheese Omelet / Sausage(Cheese Omelet)Breakfast PotatoesBaked PeachesPancake / V8 Juice |  |  |  |

**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.

 Heat for 1 more minute if meal is still cold.

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