**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 Potatoes  Wheat Roll | Cheese Lasagna w/ Meat Sauce  (Fish Patty w/ Tartar Sauce)  Corn  Sweet Carrots  Fruit Juice  Soft Roll | Salmon w/ Sour Cream Dill Sauce  (Cheese Calzone)  Mixed Vegetables  Mashed Potatoes  Fresh Fruit  Wheat Roll | Pinto Beans and Ham  (Salmon)  Turnip Greens  Macaroni and Tomatoes  Applesauce  Cornbread | Chicken Caesar Salad  (Egg Salad)  Italian Tomato Salad  Ambrosia  Crackers |  |
| **7** | **8** | **9** | **10** | **11** | **12** | **13** |
|  | Beef Patty w/ Mushroom & Onion, Gravy  (Corn Chowder)  Mashed Potatoes  Green Beans  Pineapple Cherry Crisp / Roll | Cranberry Orange Chicken  (Barley Lentil Stew)  Brussel Sprouts  Creamed Corn  Multigrain Roll | Sausage w/ Onions and Peppers  (Cheese Lasagna w/Roll)  Red Beans and Rice  Spiced Peaches  Hotdog Bun | White Chicken Chili  (Cheese Ravioli / Roll)  Broccoli w/ Red Peppers  Corn  Fresh Fruit / Crackers | Tuna Salad w/Tomato Half  (Egg Salad w/ Tomato Half)  Carrot Kale Salad  Pineapple  Bun |  |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
|  | BBQ Riblet  (Veggie Patty)  Baked Beans  Carrots, Cauliflower, Broccoli  Fruit Juice | Meatloaf  (Broccoli Cheese Soup w/ Crackers)  Mashed Potatoes  Green Beans w/ Shellies  Fruit Juice  Wheat Roll | Chicken Casserole  (Salmon w/ Tartar Sauce)  Carrots  Peas  Applesauce  Wheat Roll | Beef and Macaroni and Tomatoes  (Eggplant Parmesan)  Broccoli w/ Cheese Sauce  Apple Blueberry Crisp  Multigrain Roll | Chicken Pasta Salad  (Vegetable Pasta Pesto)  Cucumber and Tomato Salad  Pineapple w/ Cherries  Crackers |  |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
|  | Chicken Dijon  (Spanish Couscous)  Scalloped Potatoes  Spinach  Fruit Juice  Onion Roll | Fish w/ Tartar Sauce  (Macaroni and Cheese)  Lima Beans  Stewed Tomatoes  Applesauce  Multigrain Roll | Ravioli w/ Meat Sauce Tomatoes  (Vegetable Patty)  Squash, Peppers, Green Beans  Corn  Fruit Cup  Garlic Roll | Ranch Chicken  (Tomato Pie)  Italian Tomatoes  Peas & Carrots  Fresh Fruit  Multigrain Roll | Chef Salad with Ham, Egg, and Cheese  (Pimento Cheese)  Cucumber Tomato Salad  Tropical Fruit  Whole Wheat Crackers |  |
| **28** | **29** | **30** | **31** |  |  |  |
|  |  | Pizza Burger  (Vegetarian Chili w/ Crackers)  Seasoned Potatoes  Mixed Vegetables  Fruit Juice / Bun | Cheese Omelet / Sausage  (Cheese Omelet)  Breakfast Potatoes  Baked Peaches  Pancake / 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**