



CAC SENIOR NUTRITION PROGRAM

May 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
		1	2	3
		BBQ Riblet <i>(California Casserole)</i> Broccoli Maple Baked Beans Wheat Roll/Fruit Cup	Cranberry Apple Chicken <i>(Barley Lentil Stew)</i> Brussel Sprouts Sweet Potatoes Multigrain Roll	Italian Chicken Salad over Lettuce <i>(Tuna Salad)</i> Broccoli Salad Tropical Fruit Crackers
6	7	8	9	10
Chicken Casserole <i>(Cheese Calzone)</i> Carrots Peas Applesauce/ Multigrain Roll	Cheese Omelet /Sausage <i>(Cheese Omelet)</i> Breakfast Potatoes Cinnamon Apples Pancake/V8 Juice	Chicken Stew <i>(Italian White Bean Soup)</i> Spinach Pears w/ Blueberries Onion Roll	Meatball Sub <i>(Mushroom Stroganoff)</i> (roll) Italian Blend Creamy Mashed Potatoes Fruit Juice/Hot Dog Bun	Chef Salad with Ham, Egg, and Cheese <i>(Vegetable Pasta Pesto)</i> Cucumber Tomato Salad Tropical Fruit Whole Wheat Crackers
13	14	15	16	17
BBQ Chicken <i>(Vegetable Patty)</i> Baked Beans Mixed Vegetables (corn carrots peas) Fresh Fruit/Onion Roll	Sausage w/Onions and Peppers <i>(Spinach Pie w/Roll)</i> Red Beans and Rice Spiced Peaches Hot dog bun	Salmon patty w/ tartar sauce <i>(Cheese Ravioli/ Roll)</i> Potato Casserole Carrots Applesauce/Roll	Sloppy Joe on Bun <i>(Red Beans and Rice)</i> Corn Casserole Carrots Fruit Juice	Tuna Salad W /Tomato Half <i>(Egg Salad W Tomato Half)</i> Carrot Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers
20	21	22	23	24
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>(Fish w/ Tartar Sauce)</i> Scalloped Potatoes Peas Fruit Juice/Wheat Roll	Chicken w/Peppers, Onions and Cheese <i>(Corn Chowder w/ Crackers)</i> Mixed Vegetables Baked Peaches Wheat Roll	Bacon Burger <i>(Vegetable Patty)</i> Green Beans Creamed Corn Potato Salad/Bun
27	28	29	30	31
	Ravioli w/ Meat Sauce <i>(Vegetable Stew w/ Crackers)</i> Balsamic Brussel Sprouts Pineapple Cherry Crisp Garlic Bread	Fish w/ Tartar Sauce <i>(Macaroni and Cheese)</i> Lima Beans Stewed Tomatoes Fruit Cup/Multigrain roll	Pulled Pork <i>(Vegetable Patty)</i> Mixed Vegetables Cheddar Potatoes Cole Slaw/Bun	Chicken Pasta Salad <i>(Pimento Cheese)</i> Italian Zucchini and Tomato Salad Pineapple w/Cherries 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**