



CAC SENIOR NUTRITION PROGRAM

MAY 2022



| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-----------|--|--|---|---|---|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Beef and Macaroni <i>(Vegetable Chili) (Crackers)</i> Corn Apple Blueberry Crisp Multigrain Roll | Fish w/ Tartar Sauce <i>(Vegetable Lasagna)</i> Cheddar Potatoes Brussel Sprouts Fruit Juice / Roll | BBQ Chicken <i>(Vegetable Patty)</i> Baked Beans Mixed Vegetables (corn carrots peas) Fresh Fruit Onion Roll | Pinto Beans w/ Ham <i>(Corn Chowder)</i> Mixed Greens Macaroni and Tomatoes Fruit Juice Cornbread | Italian Chicken Salad over Lettuce <i>(Tuna Salad)</i> Broccoli Salad Tropical Fruit Crackers | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | Pancake and Sausage <i>(Cheese Omelet)</i> Breakfast Potatoes Maple Apples Low Sodium V8 juice | Salisbury Steak <i>(Cheese Calzone)</i> Mashed Potatoes Green Beans Pineapple Cherry Crisp Whole Wheat Roll | Macaroni and Cheese <i>(Mixed Beans) (Cornbread)</i> Broccoli Stewed Tomatoes Fruit Juice Wheat Roll | Meatballs w/ Gravy <i>(Mushroom Stroganoff)</i> Peas and Carrots Herb Potatoes Applesauce Whole Wheat Roll | Ranch Chicken Pasta w/ Veggies <i>(Pimento Cheese)</i> Italian Tomato Salad Pears/Blueberries Crackers | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Chicken Stir Fry <i>(Vegetable Pasta Pesto)</i> Broccoli Baked Pineapple Onion Roll | Pizza Burger <i>(Teriyaki Vegetable Patty)</i> Green Beans Seasoned Potatoes Fruit Juice / Bun | White Chicken Chili <i>(Vegetable Stew)</i> Corn Carrots Broccoli Cauliflower Fresh Fruit /Corn Chips | Meatloaf <i>(Tomato Pie)</i> Mashed Potatoes Green Peas Fruit | Tuna Salad w/ Tomato Half <i>(Egg Salad w/ Tomato Half)</i> Beet Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Chicken Parmesan <i>(Spinach Pie)</i> Broccoli Baked Pears and Cherries Wheat Roll | BBQ Riblet <i>(Vegetable Patty)</i> Baked Beans Squash Cauliflower Peppers Fruit Juice Roll | Chicken Casserole <i>(White Beans) (Cornbread)</i> Green Peas Sweet Potatoes Fresh Fruit | Spanish Rice <i>(Salmon w/ Tartar sauce)</i> Green Beans Corn Fruit Cup / Roll | Sausage w/Onions and Peppers <i>(Macaroni and Cheese) (Roll)</i> Red Beans and Rice Spiced Peaches Hot Dog Bun | |
| 29 | 30 | 31 | | | | |
| | | Ravioli w/Meat Sauce <i>(Vegetable Creole)</i> Italian Blend Corn Fresh Fruit Roll | | | | |

IMPORTANT INFORMATION

(Alternative Mobile Meal)
All meals served with a ½ pint of milk

Call the Mobile Meals Office to make any changes to your menu

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

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.