




# CAC SENIOR NUTRITION PROGRAM

## OCTOBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>3</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Beef and Bean Burrito (Spinach Pie) Chili Beans Mexican Corn Fruit Juice		Salmon w/ Sour Cream Dill Sauce (Corn Chowder) Peas and Carrots Creamed Potatoes Fresh Fruit Wheat Roll	Pinto Beans and Ham (California Casserole Roll) Turnip Greens Macaroni and Tomatoes Applesauce Cornbread	Meatball Sub (Mushroom Stroganoff w/ Roll) Broccoli Potato Casserole Fruit Cup Hotdog Bun	Italian Chicken Salad over Lettuce (Tuna Salad) Marinated Vegetable Salad Fruit Yogurt Crackers	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	Pulled Pork (Vegetable Patty) Baked Beans Cheddar Potatoes Applesauce Bun	Chicken and Rice Casserole w/ Broccoli (Fish w/ Tartar Sauce) Squash, Peppers, Zucchini Creamed Corn Fruit Juice Wheat Roll	Beef Patty w/ Mushroom & Onion Gravy (Cheese Calzone) Mashed Potatoes Green Beans Pineapple Cherry Crisp Roll	Spanish Rice (Cheese Ravioli Roll) Green Beans Corn Fresh Fruit Corn Chips	Ranch Chicken Pasta w/ Vegetables (Pimento Cheese) Italian Tomato Salad Pears and Blueberries Crackers	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	Chicken Stir Fry (Spinach Pie) Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger (Fish Patty w/Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice Bun	Chicken Parmesan (Vegetable Creole) Corn Baked Apples Roll	Meatloaf (Tomato Pie) Mashed Potatoes Green Peas Fresh Fruit Wheat Roll	Chef Salad w/ Ham & Turkey (Cottage Cheese) Cucumber and Tomato Salad Peaches Crackers	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	Chicken Florentine (Barley Lentil Stew) Peas and Carrots Fruit Compote Multigrain Roll	BBQ Riblet (Salmon Patty w/ Tartar Sauce) Baked Beans Squash, Cauliflower, Peppers Fruit Juice / Roll	Beef and Macaroni (Vegetable Stir Fry) Broccoli w/ Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Sausage w/ Onions and Peppers (Macaroni and Cheese w/ Roll) Red Beans and Rice Spiced Peaches Hotdog Bun	Tuna Salad w/ Tomato Half (Egg Salad w/ Tomato Half) Beet Kale Salad Pineapple, Oranges, Cherries Whole Wheat Crackers	
<b>30</b>	<b>31</b>					
	Ravioli w/ Meat Sauce (Vegetable Creole) Squash, Peppers, Green Beans Corn Fresh Fruit Garlic Roll					

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)

**All meals served with a ½ pint of milk**

**Please call the Mobile Meals Office to make any changes to your menu.**

**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.

**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**