







# CAC SENIOR NUTRITION PROGRAM

## September 2025

**Name:** \_\_\_\_\_

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>*Holiday! No Meals Served*</b> 	Sausage w/ Onions and Peppers (Mac and Cheese) Red Beans and Rice Baked Pears Hot dog bun	Fish w/ Tartar Sauce (Greek chickpea veggie salad) Creamed Spinach Succotash Fruit Juice Roll	Beef & Broccoli Stir Fry w/ rice (Squash casserole) Garlic Green Beans Baked Pineapple Roll	Greek Pasta Salad with Chicken (Chickpea Salad) Cucumber Tomato salad Fresh Fruit
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pancake w/ Sausage & Eggs (Omelet w/ cheese) Breakfast Potatoes Baked Apples Fruit juice	Meatloaf (Quinoa Salad) Mashed Potato Peas Peaches Garlic Knot	Grilled Chicken w/ Pineapple salsa (Veggie patty) Turnip Greens Roasted Corn Fruit Cup Roll	Turkey and stuffing (Broccoli, rice, cheese casserole) Carrots Yellow Squash Mandarin Oranges	Southwest Chicken Pasta Salad (Pesto Vegetable Pasta) Carrot Kale Salad Fruit Cocktail
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Spanish rice (Beef) (Vegetable Pasta Marinara) Corn Broccoli Fruit Cup Garlic Knot	Salmon w/ Tartar Sauce (Vegetarian Cottage Pie) Spinach Succotash Fruit Juice Roll	White Beans and Ham (Mushroom Stroganoff) Sweet Potatoes California Blend Applesauce Cornbread	Beef Stroganoff (White Bean Chili) Scalloped Potatoes Carrots Fresh Fruit Roll	Chicken Caesar Salad (Egg Salad w/Tomato Half) Three Bean Salad Peaches Crackers
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Hamburger (Alfredo Vegetable pasta) Seasoned Potatoes Mixed Vegetables Fruit Juice Bun	BBQ Riblet (Veggie Tamale w/ cheesy salsa) Squash Maple Baked Beans Pears w/ Blueberries Bun	Chicken Casserole (Spinach Pie) Peas & Carrots Baked Peaches Biscuit	Beef Burrito w/ cheesy salsa (BBQ Chickpeas) Mexican Corn Broccoli Fruit Juice	Chef Salad w/ chicken, Ham, Egg, and Cheese (Vegetable Bean Salad) Cucumber Tomato Salad Tropical Fruit Crackers
<b>29</b>	<b>30</b>			
Chicken Parmesan (Veggie Patty) Green beans Roasted Corn Pineapple cup Roll	Hot Dog w Chili (Tomato Pie) Mixed Vegetables Coleslaw Baked Apples Bun			

**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.

### IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

\*Diet Dessert

**Please call Mobile Meals Office to change your entrée.**

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal  
(865) 524-2786**