




CAC SENIOR NUTRITION PROGRAM

AUGUST 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
	1	2	3	4	5	6
	BBQ Chicken (<i>Salmon w/ tartar sauce</i>) Carrots, Broccoli, Cauliflower Corn Fruit Cup/ Onion Roll	Chili Dog (<i>Tomato Basil Pasta</i>) Baked Beans Cheddar Potatoes Fresh Fruit/Hotdog Bun	Pancake and Sausage (<i>Cheese Omelet</i>) Breakfast Potatoes Maple Apples Low Sodium V8 juice	Beef and Macaroni (<i>Vegetable Stir Fry</i>) Broccoli w/ Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Italian Chicken Salad over Lettuce (<i>Tuna Salad</i>) Italian Green Bean Salad Fruit w/ Yogurt Dressing Crackers	
7	8	9	10	11	12	13
	Beef Patty w/ Mushroom & Onion Gravy (<i>Cheese Calzone</i>) Mashed Potatoes Green Beans Pineapple Cherry Crisp/Roll	Chicken Parmesan (<i>Vegetable Creole</i>) Broccoli Baked Apples Roll	Pulled Pork (<i>Vegetable Patty</i>) Baked Beans Corn, Peas, Carrots Fresh Fruit Bun	Meatball Sub (<i>Mushroom Stroganoff</i>) (roll) Broccoli Potato Casserole Applesauce Hot Dog Bun	Ranch Chicken Pasta/Veggies (<i>Pimento Cheese</i>) Italian Tomato Salad Pears / Blueberries Crackers	
14	15	16	17	18	19	20
	Chicken Stir Fry (<i>Vegetable Pasta Pesto</i>) Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger (<i>Fish Patty</i>) (<i>Tartar Sauce</i>) Green Beans Seasoned Potatoes Fruit Juice/Bun	Taco Chicken Melt (<i>Vegetable Stew</i>) (<i>crackers</i>) Mexican Corn Carrots Broccoli Cauliflower Fresh Fruit / Corn Chips	Meatloaf (<i>Tomato Pie</i>) Mashed Potatoes Green Peas Fruit Cup/ Roll	Tuna Salad W/ Tomato Half (<i>Egg Salad W/ Tomato Half</i>) Beet Kale Salad Pineapple, Oranges, Cherries Whole Wheat Crackers	
21	22	23	24	25	26	27
	Chicken Florentine (<i>Barley Lentil Stew</i>) Peas and Carrots Fruit Compote Multigrain Roll	BBQ Riblet (<i>Salmon Patty</i>) (<i>Tartar Sauce</i>) Baked Beans Squash, Cauliflower, Peppers Fruit Juice / Roll	Spanish Rice (<i>Ravioli</i>) Green Beans Corn Fruit Cup / Roll	Salmon w/ Sour Cream Dill Sauce (<i>Pinto Beans</i>) (<i>Cornbread</i>) Carrots, Broccoli, Cauliflower Scalloped Potatoes Applesauce / Onion Roll	Chef Salad (<i>Cottage Cheese</i>) Cucumber and Tomato Salad Pineapple and Oranges Crackers	
28	29	30	31			
	Ravioli w/Meat Sauce (<i>Vegetable Creole</i>) Squash, Peppers, Green Beans Corn Fresh Fruit Roll	Fish w/ Tartar Sauce (<i>Mixed Beans</i>) (<i>Cornbread</i>) Cheddar Potatoes Brussel Sprouts Fruit Juice Roll	Sausage w/Onions and Peppers (<i>Macaroni and Cheese</i>) (<i>Roll</i>) Red Beans and Rice Spiced Peaches Hot Dog Bun			

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

Call the Mobile Meals Office with 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.