







CAC SENIOR NUTRITION PROGRAM

DECEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
				1 Meatball Sub (Mushroom Stroganoff w/Roll) Broccoli Potato Casserole Fruit Cup Hotdog Bun	2 Ranch Chicken Pasta (Broccoli Cheese Soup) Crackers Stewed Tomatoes Pears & Blueberries Wheat Roll	3
4	5 Beef Patty w/Mushroom & Onion Gravy (Corn Chowder) Mashed Potatoes Green Beans Pineapple Cherry Crisp / Roll	6 Fish w/ Tartar Sauce (Cheese Calzone) Baked Beans Steamed Broccoli Applesauce Multigrain Roll	7 Homemade Chili (Cheese Ravioli) Roll Corn Fruit Compote Corn Chips	8 Chicken Casserole (Tomato Pie) Green Peas Carrots Fruit Juice Wheat Roll	9 Pinto Beans and Ham (California Casserole) Roll Turnip Greens Macaroni and Tomatoes Applesauce Cornbread	10
11	12 Sausage w/Onions and Peppers (Macaroni and Cheese w/Roll) Red Beans and Rice Spiced Peaches Hotdog Bun	13 Bacon Burger (Fish Patty w/Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice / Bun	14 Chicken Stew (Vegetable Creole) Corn Baked Apples Roll	15 Beef and Macaroni (White Beans) Cornbread Broccoli w/Cheese Sauce Apple Blueberry Crisp Multigrain Roll	16 Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Green Beans Baked Pineapple Onion Roll	17
18	19 Chicken Parmesan (Tomato Pie) California Blend Creamed Corn Multigrain Roll	20 Meatloaf (Barley Lentil Stew) Mashed Potatoes Green Peas Fresh Fruit Wheat Roll	21 Salmon w/Sour Cream Doll Sauce (Mixed Beans) Cornbread Vegetable Medley Creamed Potatoes Fruit Cup Wheat Roll	22 Cranberry Orange Chicken (Roasted Vegetable Casserole) Seasoned Green Beans Sweet Potato Casserole Dinner Roll *Special Dessert	23 OFF	24
25 CALL TO REQUEST	26 OFF	27	28	29	30	31
Roast Beef and Gravy Creamed Potatoes Green Bean Casserole Baked Fruit w/Cherries Soft Roll* Special Dessert (B Meal Upon Request)		Chicken Patty (Vegetable Patty) Steamed Peas Sweet Carrots Fruit Juice Bun	Pancake Sausage (Cheese Omelet) Seasoned Potatoes Maple Apples V8 Juice	Beef & Bean Burrito (Veggie Patty w/Peppers & Onions) Cowboy Beans Mexican Corn Fresh Fruit Corn Chips	Glazed Ham (Salmon w/Tartar Sauce) Black-eyed Peas Turnip Greens Applesauce Cornbread	

IMPORTANT INFORMATION

(Alternative Mobile Meal)
All meals served with a ½ pint of milk
*Diabetic dessert
Please call the Mobile Meals Office to change your entrée.

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.

***PLEASE CALL** 865-524-2786 (ask for Mobile Meals) to let us know if you DO NEED a meal delivered on Christmas Day.

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