**CAC SENIOR NUTRITION PROGRAM**

**JANUARY 2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun.** | **Mon.** | **Tues.** | **Wed.** | **Thurs.** | **Fr** | **Sat.** |
|  | **2** | **3** | **4** | **5** | **6** | **7** |
|  | Happy New Year | Bacon Burger  (Fish Patty w/Tartar Sauce)  Green Beans  Seasoned Potatoes  Fruit Juice  Bun | Chicken Parmesan  (Vegetable Patty)  Steamed Peas  Sweet Carrots  Fresh Fruit  Soft Roll | Meatball Sub  (Mushroom Stroganoff w/Roll)  Broccoli  Potato Casserole  Fruit Cup  Hotdog Bun | Ranch Chicken Pasta w/Vegetables  (Macaroni and Cheese)  Italian Tomatoes  Pears and Blueberries  Wheat Roll |  |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | Beef Patty w/Mushroom & Onion, Gravy  (Corn Chowder)  Mashed Potatoes  Green Beans  Pineapple Cherry Crisp  Roll | Chicken Casserole  (Pinto Beans/Cornbread)  Squash, Peppers, Zucchini  Peas  Fruit Juice  Wheat Roll | Cheese Omelet/Sausage  (Spinach Pie/Roll)  Breakfast Potatoes  Maple Apples  Pancake  V8 Juice | Homemade Chili  (Cheese Ravioli/ Roll)  Broccoli  Corn  Fresh Fruit  Corn Chips | Salmon w/Sour Cream Dill Sauce  (Cheese Calzone)  Mixed Vegetables  Black eyed Peas  Fruit Cup  Wheat Roll |  |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
|  | Martin Luther King Jr  Day | Meatloaf  (Barley Lentil Stew)  Mashed Potatoes  Green Peas  Fruit Juice  Wheat Roll | Chicken Stew  (Vegetable Creole)  Corn  Baked Apples  Roll | Beef and Macaroni  **(**White Beans/ Cornbread)  Broccoli w/Cheese Sauce  Apple Blueberry Crisp  Multigrain Roll | Chicken Stir Fry  (Vegetable Pasta Pesto)  Sesame Green Beans  Baked Pineapple  Onion Roll |  |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
|  | Cranberry Apple Chicken  (Barley Lentil Stew)  Peas and Carrots  Creamed Corn  Multigrain Roll | BBQ Riblet  (Veggie Patty)  Baked Beans  California Blend  Fruit Juice  Wheat Roll | Fish w/ Tartar Sauce  (Tomato Pie)  Cheddar Potatoes  Green Beans  Applesauce  Multigrain Roll | Pinto Beans and Ham  (California Casserole/ Roll)  Turnip Greens  Macaroni and Tomatoes  Fresh Fruit  Cornbread | Ravioli w/Meat Sauce  **(**Salmon Patty/Tartar Sauce)  Squash, Peppers, Green Beans  Corn  Fruit Cup  Garlic Roll |  |
| **29** | **30** | **31** |  |  |  |  |
|  | Sausage w/Onions and Peppers  (Macaroni and Cheese w/Roll)  Red Beans and Rice  Spiced Peaches  Hotdog Bun | Beef Taco Casserole  (Vegetarian Chili)  Corn  Broccoli  Fruit Juice/ Corn Chips |  |  |  |  |

**IMPORTANT INFORMATION** **INSTRUCTIONS FOR MICROWAVE**

(Alternative Mobile Meal) Cut holes in plastic and keep meal covered.

All meals served with a ½ pint of milk Heat for 1-2 minutes, stir, and turn meal.

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