**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 BeansSeasoned PotatoesFruit JuiceBun | Chicken Parmesan (Vegetable Patty)Steamed PeasSweet Carrots Fresh FruitSoft Roll | Meatball Sub(Mushroom Stroganoff w/Roll)BroccoliPotato CasseroleFruit CupHotdog Bun | Ranch Chicken Pasta w/Vegetables(Macaroni and Cheese)Italian Tomatoes Pears and BlueberriesWheat Roll |  |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | Beef Patty w/Mushroom & Onion, Gravy(Corn Chowder)Mashed PotatoesGreen BeansPineapple Cherry CrispRoll | Chicken Casserole (Pinto Beans/Cornbread)Squash, Peppers, Zucchini PeasFruit JuiceWheat Roll | Cheese Omelet/Sausage(Spinach Pie/Roll)Breakfast PotatoesMaple ApplesPancakeV8 Juice | Homemade Chili (Cheese Ravioli/ Roll)BroccoliCornFresh FruitCorn Chips | Salmon w/Sour Cream Dill Sauce(Cheese Calzone)Mixed VegetablesBlack eyed Peas Fruit CupWheat Roll |  |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
|  | Martin Luther King JrDay | Meatloaf(Barley Lentil Stew)Mashed PotatoesGreen PeasFruit JuiceWheat Roll | Chicken Stew(Vegetable Creole)CornBaked ApplesRoll | Beef and Macaroni**(**White Beans/ Cornbread)Broccoli w/Cheese Sauce Apple Blueberry CrispMultigrain Roll | Chicken Stir Fry(Vegetable Pasta Pesto)Sesame Green BeansBaked PineappleOnion Roll |  |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
|  | Cranberry Apple Chicken(Barley Lentil Stew)Peas and CarrotsCreamed CornMultigrain Roll  | BBQ Riblet(Veggie Patty)Baked BeansCalifornia BlendFruit JuiceWheat Roll | Fish w/ Tartar Sauce(Tomato Pie)Cheddar PotatoesGreen BeansApplesauceMultigrain Roll | Pinto Beans and Ham(California Casserole/ Roll)Turnip GreensMacaroni and TomatoesFresh FruitCornbread | Ravioli w/Meat Sauce**(**Salmon Patty/Tartar Sauce)Squash, Peppers, Green BeansCornFruit CupGarlic Roll |  |
| **29** | **30** | **31** |  |  |  |  |
|  | Sausage w/Onions and Peppers(Macaroni and Cheese w/Roll)Red Beans and RiceSpiced PeachesHotdog Bun | Beef Taco Casserole(Vegetarian Chili) CornBroccoliFruit 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**