




CAC SENIOR NUTRITION PROGRAM

March 2024

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
					Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Spiced Peaches Hot dog bun	
3	4	5	6	7	8	9
	Chicken Patty on Bun (Eggplant Parmesan) Broccoli Carrots Fresh Fruit	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Maple Apples Flavored Waffle/V8 Juice	Chicken Stew (Italian White Bean Soup) Spinach Pears w/ Blueberries Onion Roll	Meatball Sub (Corn Chowder) (roll) Broccoli Carrots Fruit Juice/Hot Dog Bun	Fish w/ Tartar Sauce (Macaroni and Cheese) Lima Beans Stewed Tomatoes Fruit Cup/Multigrain roll	
10	11	12	13	14	15	16
	Ravioli w/ Meat Sauce (Vegetable Stew) Brussel Sprouts Pineapple Cherry Crisp Garlic Bread	Chicken Dijon (Salmon patty w/Tartar Sauce) Italian Tomatoes Green Beans Fruit Juice/Multigrain Roll	Pinto Beans and Ham (Tomato Pie) Turnip Greens Corn Cornbread / Applesauce	Chicken w/Peppers, Onions and Cheese (Vegetable Stir Fry) Broccoli Baked Peaches Wheat Roll	Beef Macaroni and Tomatoes (Red Beans and Rice) Peas Apple Blueberry Crisp Multigrain Roll	
17	18	19	20	21	22	23
	Macaroni and Cheese (Fish w/ Tartar Sauce) Broccoli Stewed Tomatoes Fresh Fruit / Multigrain Roll	BBQ Riblet (Vegetable Creole) Broccoli Baked Beans Wheat Roll/Fruit Cup	Salmon patty w/ tartar sauce (Cheese Ravioli/ Roll) Potato Casserole Carrots Applesauce/Roll	Beef Stew (Spanish Couscous) Corn Pears and Cherries Cornbread	Cranberry Apple Chicken (Barley Lentil Stew) Brussel Sprouts Sweet Potatoes Multigrain Roll	
24	25	26	27	28	29	30
	Hot dog w/ Chili (Vegetarian Chili w/Crackers) Seasoned potatoes Green beans Fruit Juice/Bun	Pulled Pork (Vegetable Patty) Baked Beans Mixed Vegetables Fresh Fruit / Bun	Chicken Casserole (California Casserole) Carrots Peas Applesauce/Multigrain Roll	Pineapple Glazed Ham (Mushroom Stroganoff) Peas and Carrots Potato Casserole Whole Wheat Roll Special Dessert	SPRING HOLIDAY	
						

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

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.

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