



# CAC SENIOR NUTRITION PROGRAM

## May 2025

**Name:** \_\_\_\_\_

| Mon.   | Tues.   | Wed.  | Thurs.   | Fri.  |
|--|---|---|--|---|
|  |   |   | <b>1</b>   | <b>2</b>  |
|  |   |   | Macaroni & Cheese<br>(Fish Patty on Bun)<br>Okra & Tomatoes<br>Brussel Sprouts<br>Fruit cup<br>Roll  | Chicken Caesar Salad<br>(Egg Salad w/Tomato<br>Half)<br>Three Bean Salad<br>Peaches<br>Crackers   |
| <b>5</b>   | <b>6</b>  | <b>7</b>  | <b>8</b>   | <b>9</b>  |
| Spanish rice (Beef)<br>(Vegetable pasta<br>marinara)<br>Carrots<br>Peas<br>Peach Cup<br>Garlic Knot              | Pancake w/ sausage &<br>eggs<br>(Omelet w/ cheese)<br>Breakfast Potatoes<br>Baked apples<br>Fruit juice                 | Chicken Casserole<br>(Mushroom Stroganoff)<br>Green Beans<br>Corn<br>Fruit Cup<br>Roll  | Pasta w/ Meat Tomato<br>Sauce & Macaroni<br>noodles<br>(Spinach Pie)<br>Butternut Squash<br>Broccoli<br>Applesauce<br>Roll                                 | Tuna salad on bed of<br>lettuce<br>(Pimento cheese on bed<br>of lettuce)<br>Italian tomato salad<br>Pears w/blueberries<br>Bun                |
| <b>12</b>  | <b>13</b>   | <b>14</b>   | <b>15</b>  | <b>16</b>   |
| Chicken stir fry w/<br>vegetables<br>(Macaroni and<br>cheese)<br>Broccoli<br>Pineapple cherry crisp<br>Roll      | Fish w/ Tartar Sauce<br>(Squash Casserole)<br>Creamed Spinach w/<br>Mushrooms<br>Succotash<br>Fruit Juice<br>Roll       | Hot Dog w/ Chili<br>(Tomato Pie w/Roll)<br>Green Beans<br>Coleslaw<br>Apple Crisp<br>Bun  | White Beans and Ham<br>(Mushroom Casserole<br>w/ rice)<br>Spinach<br>Baked Peaches<br>Cornbread  | Chicken Pasta Salad<br>(Vegetable Pasta Pesto)<br>Carrot Kale Salad<br>Watermelon Cup<br>Crackers   |
| <b>19</b>  | <b>20</b>   | <b>21</b>   | <b>22</b>  | <b>23</b>   |
| Pizza Burger<br>(Vegetarian Chili w/<br>Crackers)<br>Seasoned Potatoes<br>Mixed Vegetables<br>Fruit Juice<br>Bun | Red Beans & Rice w/<br>Sausage<br>(Alfredo vegetable<br>pasta)<br>Green Beans<br>Baked Pears Blueberry<br>Crisp<br>Roll | Chicken Parmesan<br>(Rigatoni w/ ricotta &<br>mushrooms, peppers)<br>Corn<br>Beet, Carrot, & Broccoli<br>Salad<br>Baked Pineapple<br>Roll | Salmon Patty w/ Tartar<br>Sauce<br>(Vegetarian Cottage Pie)<br>Squash Casserole<br>Broccoli<br>Fresh Fruit<br>Roll   | Chef Salad with Ham,<br>Egg, and Cheese<br>(Vegetable Bean Salad)<br>Cucumber Tomato<br>Salad<br>Tropical Fruit<br>Crackers                   |
| <b>26</b>  | <b>27</b>   | <b>28</b>   | <b>29</b>  | <b>30</b>   |
| *Holiday! No Meals<br>Served*<br>  | Beef Burrito w/ cheesy<br>salsa<br>(Santa Fe Couscous)<br>Mexican Corn<br>Broccoli<br>Fruit Juice<br>Corn chips         | BBQ Pork w/ Bun<br>(Veggie Patty)<br>Green Beans<br>Maple Baked Beans<br>Fresh Fruit  | Meatballs w/ Marsala<br>Mushroom Sauce &<br>Peppers, Onions<br>(Broccoli, rice, cheese<br>casserole)<br>Scalloped Potatoes<br>Baked Peaches<br>Garlic Knot | Fiesta Chicken over<br>Salad Greens w/ Ranch<br>Dressing<br>(Greek Pasta Salad)<br>Black bean and Corn<br>Salad<br>Watermelon Cup<br>Crackers |

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

\*Diet Dessert

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

**TO 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 Mobile Meals (preferably the day before) if you will not be home for your meal**

**(865) 524-2786**