




CAC SENIOR NUTRITION PROGRAM

January 2022

Sun.	mobile meals Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
2	3	4	5	6	7	8
	Chicken Patty Parmesan (Teriyaki Vegetable Patty) Steamed Peas Sweet Carrots Fresh Fruit / Multigrain Roll	Meatloaf (Vegetable Creole) Creamed Potatoes Green Beans Apple Sauce Yeast Roll	Salmon/ Tartar Sauce (Pinto Beans) (Cornbread) California Blend Cheddar Potatoes Fruit Juice / Roll	Red Beans & Rice / Sausage (Mushroom Stroganoff) Brussel Sprouts Baked Pineapple Multigrain Roll	Bacon Burger on Bun (Pasta/Spinach and Pesto) (Roll) California Blend Potato Casserole Fresh Fruit	
9	10	11	12	13	14	15
	Pineapple Teriyaki Chicken (Vegetable Fried Rice) Sesame Green Beans Seasoned Carrots Fruit Juice / Multigrain Roll	Beef and Cheese Burrito (California Casserole) (Roll) Cowboy Beans Seasoned Corn Applesauce	Macaroni and Cheese (Fish w/ Tartar sauce) Broccoli Stewed Tomatoes Fresh Fruit Wheat Roll	Sausage w/ Onions and Peppers (Red Beans & Rice) California Blend Spiced Peaches Roll	Pasta w/ Meat Sauce (Vegetable Stew) Italian Blend Corn Garlic Roll	
16	17 - NO MEAL DELIVERY	18	19	20	21	22
		Pancake with Sausage (Cheese Omelet) Seasoned Potatoes Maple Apples V8 Juice	Spanish Rice (Mixed Beans) (Cornbread) Spinach Corn Fruit Cup / Corn Chips	Fish w/ Tartar Sauce (Tomato Pie) Green Beans w/ Shellies Cheddar Potatoes Pineapple Cup / Multigrain Roll	Apple Glazed Chicken (Veggie Burger) (Bun) Broccoli w Cheese Sweet Carrots Fruit Cup / Roll	
23	24	25	26	27	28	29
	Salisbury Steak / Gravy (Spinach Pie) Whipped Potatoes Green Peas Cinnamon Applesauce / Soft Roll	Grilled Ranch Chicken (Ravioli w/ Marinara Sauce) Mixed Vegetables Blackeyed Peas Fruit Cup / Yeast Roll	Old Fashion Chili (Barley Lentil Stew) Corn Fruit Compote Corn Chips	Chicken Casserole (Pasta Primavera) (Roll) Green Peas Carrots Fresh Fruit Roll	Beef and Macaroni (Vegetarian Chili) (Crackers) Corn Baked Apples Multigrain Roll	
30	31					
	BBQ Riblet (Salmon / Tartar sauce) Baked Beans Vegetable Medley Fruit Juice Wheat Roll					

All meals served with a ½ pint of milk

Call the Mobile Meals Office to make any changes to your menu.

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

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.