





# CAC SENIOR NUTRITION PROGRAM

## JUNE 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
			<b>1</b> Salmon w/ Sour Cream Dill Sauce (Pinto Beans) (Cornbread) California Blend Scalloped Potatoes Fruit Juice Onion Roll	<b>2</b> Pinto Beans w/ Ham (California Casserole) (roll) Mixed Greens Macaroni and Tomatoes Fruit Juice Cornbread	<b>3</b> Italian Chicken Salad over Lettuce (Tuna Salad) Broccoli Salad Tropical Fruit Crackers	<b>4</b>
<b>5</b>	<b>6</b> Pancake and Sausage (Cheese Omelet) Breakfast Potatoes Maple Apples Low Sodium V8 juice	<b>7</b> Beef Patty w/ Mushroom & Onion Gravy (Cheese Calzone) Mashed Potatoes Green Beans Pineapple Cherry Crisp Whole Wheat Roll	<b>8</b> Pulled Pork (Vegetable Patty) Baked Beans Mixed Vegetables (corn carrots peas) Fresh Fruit / Bun	<b>9</b> Meatball Sub (Mushroom Stroganoff) (Roll) Peas Carrots Applesauce Hot Dog Bun	<b>10</b> Ranch Chicken Pasta/Veggies (Pimento Cheese) Italian Tomato Salad Pears/Blueberries Crackers	<b>11</b>
<b>12</b>	<b>13</b> Sesame Chicken Stir Fry (Vegetable Pasta Pesto) Ginger Broccoli Baked Pineapple Onion Roll	<b>14</b> Bacon Burger (Fish Patty) (Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice / Bun	<b>15</b> Taco Chicken Melt (Vegetable Stew) (crackers) Corn Carrots Broccoli Cauliflower Fresh Fruit / Corn Chips	<b>16</b> Meatloaf (Tomato Pie) Mashed Potatoes Green Peas Fruit Cup/ Roll	<b>17</b> Tuna Salad w/ Tomato Half (Egg Salad w/ Tomato Half) Beet Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers	<b>18</b>
<b>19</b>	<b>20</b> Chicken Parmesan Pasta (Spinach Pie) Mixed Vegetables Baked Pears and Cherries Wheat Roll	<b>21</b> BBQ Riblet (Salmon Patty) (Tartar Sauce) Baked Beans Squash, Cauliflower, Peppers Fruit Juice / Roll	<b>22</b> Chicken Casserole (White Beans) (Cornbread) Green Peas Sweet Potatoes Fresh Fruit	<b>23</b> Spanish Rice (Ravioli) Green Beans Corn Fruit Cup / Roll	<b>24</b> Chef Salad Over Lettuce (Cottage Cheese) Cucumber and Tomato Salad Pineapple and Oranges Crackers	<b>25</b>
<b>26</b>	<b>27</b> Ravioli w/ Meat Sauce (Vegetable Creole) Italian Blend Corn Fresh Fruit / Roll	<b>28</b> Fish w/ Tartar Sauce (Mixed Beans)(cornbread) Cheddar Potatoes Brussel Sprouts Fruit Juice / Roll	<b>29</b> Sausage w/Onions and Peppers (Macaroni and Cheese) (Roll) Red Beans and Rice Spiced Peaches Hot Dog Bun	<b>30</b> Beef and Macaroni (Vegetable Stir Fry) Broccoli w/ Cheese Sauce Apple Blueberry Crisp Multigrain Roll		

### **IMPORTANT INFORMATION**

(Alternative Mobile Meal)  
All meals served with a ½ pint of milk

**Call the Mobile Meals office with 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**

### **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.