
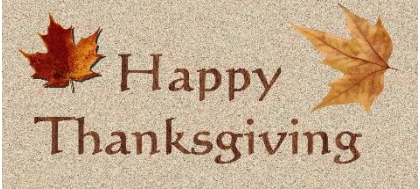





# CAC SENIOR NUTRITION PROGRAM

## NOVEMBER 2021

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Chicken Casserole <i>(Pasta Primavera)</i> Green Peas Carrots Fresh Fruit	Meatloaf <i>(Vegetable Creole)</i> Creamed Potatoes Green Beans Apple Sauce Yeast Roll	Old Fashion Chili <i>(Barley Lentil Stew)</i> Corn Fruit Compote Corn Chips	Greek Chicken Salad (Tomatoes Olives Feta) Egg Salad/ Tomato Half Three Bean Salad Fruit Cup/ Crackers	Bacon Burger on Bun <i>(Pasta/Spinach and Pesto) (Roll)</i> California Blend Potato Casserole Fresh Fruit	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	BBQ Riblet <i>(Salmon/ Tatar sauce)</i> Baked Beans Vegetable Medley Fruit Juice Wheat Roll	Beef and Cheese Burrito <i>(California Casserole)</i> Cowboy Beans Seasoned Corn Applesauce	Macaroni and Cheese <i>(Fish w/ Tartar sauce)</i> Broccoli Stewed Tomatoes Fresh Fruit Wheat Roll		Pasta w/Meat Sauce <i>(Vegetable Stew)</i> Italian Blend Corn Garlic Roll	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Chicken Parmesan <i>(Mushroom Stroganoff)</i> Brussel Sprouts Baked Pineapple Multigrain Rol	Pancake with Sausage <i>(Cheese Omelet)</i> Seasoned Potatoes Maple Apples V8 Juice	Spanish Rice <i>(Mixed Beans) (Cornbread)</i> Spinach Corn Fruit Cup/Corn Chips	Fish w/ Tartar Sauce <i>(Tomato Pie)</i> Green Beans w/ Shellies Cheddar Potatoes Pineapple Cup/Multigrain Roll	Apple Glazed Chicken <i>(Veggie Burger) Bun</i> Broccoli w Cheese Sweet Carrots Fruit Cup /Roll	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Salisbury Steak/Gravy <i>(Vegetable Patty)</i> Whipped Potatoes Green Peas Cinnamon Applesauce /Soft Roll	Grilled Ranch Chicken <i>(Ravioli w/ Marinara Sauce)</i> Mixed Vegetables Blackeyed Peas Fruit Cup/Yeast Roll	Turkey Dressing/Gravy <i>(Roasted Vegetable Casserole)</i> Seasoned Green Beans Whipped Sweet Potatoes Dinner Roll Special Desert	<i>Holiday Meals -Home Delivered Clients</i> Pineapple Glazed Ham <i>(Baked Fish) upon request</i> Scalloped Potatoes Vegetable Medley Onion Roll /Pumpkin Mousse		
<b>28</b>	<b>29</b>	<b>30</b>				
	Chicken Patty on Bun <i>(Teriyaki Vegetable Patty)</i> Steamed Peas Sweet Carrots Fresh Fruit	Sausage w/Onions and Peppers <i>(Macaroni and Cheese)</i> California Blend Spiced Peaches Roll				

All meals served with a ½ pint of milk

\*Diabetic dessert served

Please use attached envelope for your monthly meal contribution.

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**