






# CAC SENIOR NUTRITION PROGRAM

## OCTOBER 2021

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					<b>1</b>	<b>2</b>
					Bacon Burger on Bun ( <i>Broccoli Cheese Casserole</i> ) (Roll) Green Beans Potato Casserole Fresh Fruit	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	BBQ Riblet ( <i>Salmon/ Tartar sauce</i> ) Baked Beans Vegetable Medley Diced Peaches Wheat Roll	Meatloaf ( <i>Vegetable Creole</i> ) Creamed Potatoes Peas and Carrots Apple Sauce Yeast Roll	Macaroni and Cheese ( <i>Mixed Beans</i> ) ( <i>Cornbread</i> ) Lima Beans Stewed Tomatoes Fresh Fruit Wheat Roll	Italian Chicken Salad over Greens ( <i>Pimento Cheese</i> ) Kale, Beet, and Carrot Salad Tropical Fruit Cup Whole Wheat Crackers	Pasta w/Meat Sauce ( <i>Vegetable Stew</i> ) Italian Blend Corn Garlic Roll	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Chicken Parmesan ( <i>Mushroom Stroganoff</i> ) Broccoli Baked Pineapple Multigrain Roll	Pancake with Sausage ( <i>Cheese Omelet</i> ) Seasoned Potatoes Maple Apples V8 Juice	Spanish Rice ( <i>Ravioli w/ Marinara Sauce</i> ) (Roll) Spinach Corn Fruit Cup/Corn Chips	Chicken Pasta Salad/Veggies ( <i>Barley Mushroom Salad</i> ) Italian Tomato Salad Pears/Blueberries Crackers	Salmon/ Tartar Sauce ( <i>Spinach Pie</i> ) Herb Potatoes Summer Vegetables Fruit Cup /Roll	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Salisbury Steak/Gravy ( <i>Vegetable Patty</i> ) Whipped Potatoes Green Beans Cinnamon Applesauce /Soft Roll	Grilled Ranch Chicken ( <i>Fish/w Tartar Sauce</i> ) California Blend Cheddar Potatoes Fruit Cup/Yeast Roll	Sausage w/Onions and Peppers ( <i>Macaroni and Cheese</i> ) Red Beans and Rice Spiced Peaches Roll	Chef Salad on Bed of Lettuce ( <i>Tuna Salad on Bed of Lettuce</i> ) Cucumber and Tomato Salad Pears/Cherries Crackers	Chicken Casserole ( <i>Pasta Primavera</i> ) Green Peas Carrots Fresh Fruit Onion Roll	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	Old Fashioned Chili ( <i>Pasta/Spinach and Pesto</i> ) California Blend Fruit Compote Crackers	Chicken Patty on Bun ( <i>Teriyaki Vegetable Patty</i> ) Steamed Peas Sweet Carrots Fresh Fruit	Fish w/ Tartar Sauce ( <i>Tomato Pie</i> ) Green Beans w/ Shellies Cheddar Potatoes Pineapple Cup/Multigrain Roll	Greek Chicken Salad (Tomatoes Olives Feta) Egg Salad/ Tomato Half Three Bean Salad Fruit Cup/ Crackers	Beef and Cheese Burrito ( <i>California Casserole</i> ) Cowboy Beans Seasoned Corn Applesauce	

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**