







CAC SENIOR NUTRITION PROGRAM

NOVEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
		1 Salmon w/Sour Cream Dill Sauce (Cheese Calzone) Peas and Carrots Creamed Potatoes Fresh Fruit Wheat Roll	2 Pinto Beans and Ham (California Casserole) Roll Turnip Greens Macaroni and Tomatoes Applesauce Cornbread	3 Meatball Sub (Mushroom Stroganoff w/Roll) Broccoli Potato Casserole Fruit Cup Hotdog Bun	4 Ranch Chicken Pasta w/Vegetables (Pimento Cheese) Italian Tomato Salad Pears and Blueberries Crackers	5
6	7	8	9	10	11 NO MEAL DELIVERY	12
	Beef Patty w/Mushroom & Onion, Gravy (Corn Chowder) Mashed Potatoes Green Beans Pineapple Cherry Crisp Roll	Chicken and Rice Casserole w/Broccoli (Pinto Beans) Cornbread Squash, Peppers, Zucchini Creamed Corn Fruit Juice Wheat Roll	Fish w/ Tartar Sauce (Tomato Pie) Cheddar Potatoes Steamed Broccoli Applesauce Multigrain Roll	Homemade Chili (Cheese Ravioli) Roll Carrots Corn Fresh Fruit Corn Chips	 HONOR VETERANS DAY	
13	14	15	16	17	18	19
	Sausage w/Onions and Peppers (Macaroni and Cheese w/Roll) Red Beans and Rice Spiced Peaches Hotdog Bun	Bacon Burger (Fish Patty w/Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice / Bun	Chicken Stew (Vegetable Creole) Corn Baked Apples Roll	Beef and Macaroni (White Beans) Cornbread Broccoli w/Cheese Sauce Apple Blueberry Crisp Multigrain Roll	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Green Beans Baked Pineapple Onion Roll	
20	21	22	23	24 CALL TO REQUEST	25 NO MEAL DELIVERY	26
	Apple Glazed Chicken (Barley Lentil Stew) Peas and Carrots Creamed Corn Multigrain Roll	Meatloaf (Tomato Pie) Mashed Potatoes Green Peas Fresh Fruit Wheat Roll	Turkey Dressing/Gravy (Roasted Vegetable Casserole) Seasoned Green Beans Sweet Potato Casserole Dinner Roll/Fruit Cup Dessert	<i>Holiday Meals-Home Delivered Clients</i> Pineapple Glazed Ham (Baked Fish) upon request Scalloped Potatoes Vegetable Medley/ Roll *Pumpkin Mousse	 Happy Thanksgiving	
27	28	29	30			
	Chicken Patty on Bun (Vegetable Patty) Steamed Peas Sweet Carrots Fruit Juice	Ham and Cheese Omelet (Broccoli Cheese Rice) Breakfast Potatoes Maple Apples Pancake / V8 Juice	Ravioli w/Marinara Sauce (Salmon Patty) Squash, Peppers, Green Beans Corn Fruit Cup / Garlic Roll			

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

***Diabetic desert**

Please call the Mobile Meals Office to make any changes to your menu.

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.

***PLEASE CALL** 865-524-2786 (ask for Mobile Meals) to let us know if you **DO NEED** a meal delivered on Thanksgiving Day.

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