





CAC SENIOR NUTRITION PROGRAM

November 2023

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|-----------|---|--|--|--|--|-----------|
| | | | 1 | 2 | 3 | 4 |
| | | | Hotdog w/ Chili (Cheese Ravioli/ Roll) Peas Corn Fruit Cup/Bun | BBQ Chicken (Cheese Calzone) Green Beans Seasoned Potatoes Applesauce/Wheat Roll | Meatball Sub (Mushroom Stroganoff) (roll) Broccoli Carrots Fruit Juice/ Hot Dog Bun | |
| 5 | 6 | 7 | 8 | 9 | 10 NO MEAL DELIVERY | 11 |
| | Meatloaf (Corn Chowder w/ Crackers) Scalloped Potatoes Peas and Carrots Fruit Juice/Wheat Roll | Chicken Dijon (Salmon w/Tartar Sauce) Mashed Potatoes Spinach Fruit Juice/Onion Roll | Sausage w/ Onions and Peppers (Spinach Pie w/ Roll) Red Beans and Rice Spiced Peaches/Hotdog Bun | Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Pears w/ Blueberries Flavored Waffle/V8 Juice |  | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Pulled Pork (Vegetable Patty) Baked Beans Mixed Vegetables Fresh Fruit/Bun | Ranch Chicken (Salmon) Italian Tomatoes Green Beans Fresh Fruit/Multigrain Roll | Pinto Beans and Ham (Tomato Pie) Turnip Greens Corn Applesauce/Cornbread | Beef and Macaroni and Tomatoes (Eggplant Parmesan) Peas Apple Blueberry Crisp/Multigrain Roll | Chicken w/ Peppers, Onions, Swiss Cheese (Vegetable Stir Fry) Broccoli Baked Peaches/Wheat Roll | |
| 19 | 20 | 21 | 22 | 23 CALL TO REQUEST* | 24 NO MEAL DELIVERY | 25 |
| | Chicken Stew (Vegetable Creole) Corn Baked Apples Roll | Bacon Burger (Spanish Couscous) Seasoned Potatoes Mixed Vegetables Fruit Juice/Bun | Turkey Dressing/Gravy (Roasted Vegetable Casserole) Seasoned Green Beans Sweet Potato Casserole Dinner Roll Pumpkin Mousse (diet) | Holiday Meals-Home Delivered Clients Pineapple Glazed Ham (Baked Fish) upon request Scalloped Potatoes Vegetable Medley/ Roll/ Fruit Dessert |  | |
| 26 | 27 | 28 | 29 | 30 | | |
| | Ravioli w/ Meat Sauce Tomatoes (California Casserole) Squash, Peppers, Green Beans Corn Fruit Cup/Garlic Roll | Chicken Casserole (Vegetarian Chili w/ Crackers) Carrots Peas Applesauce/Flavored Waffle | Fish w/ Tartar Sauce (Macaroni and Cheese) Lima Beans Stewed Tomatoes Fruit cup/Multigrain Roll | Cranberry Apple Chicken (Barley Lentil Stew) Brussel Sprouts Creamed Corn Multigrain 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** 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