






CAC SENIOR NUTRITION PROGRAM

November 2024

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
	*PLEASE CALL 524-2786 (ask for Mobile Meals) to let us know if you DO NEED a meal delivered on Thanksgiving Day.			1
4	5	6	7	8
BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Fresh Fruit Roll	Ravioli w/Meat Sauce (Santa Fe Couscous) Squash, Peppers, Onions Corn Applesauce Garlic Roll	Chicken Stew (Vegetarian Cottage Pie) Spinach Spiced Peaches Biscuit	Pinto Beans w/ Ham (Barley Lentil Stew) Mixed Greens Tomatoes w/ Onions Fruit Juice Cornbread	Fish w/ Tartar Sauce (Vegetable Pasta Pesto) Peas Carrots Fruit Cup Roll
11	12	13	14	15
Holiday! No Meals Served 	Beef Burrito (Bean and Cheese Burrito) Mexican Corn Broccoli Fruit Juice Corn chips	Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp Hot dog bun	Salmon w/ Tartar Sauce (Vegetable Creole) Green beans Carrots Fruit Cup Roll	Meatloaf (Veggie Penne Pasta w/ white sauce) Mashed Potatoes Green Peas Baked Peaches Roll
18	19	20	21	22
Chicken Casserole (Cheese Calzone) Peas/Carrots Creamed Corn Applesauce Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples V8 Juice Biscuit	Red Bean and Rice w/ Sausage (Eggplant Parmesan) Brussel Sprouts Spiced Peaches Cornbread	Tuna noodle casserole w/ vegetables (Tomato Pie) Succotash Baked Apples Roll	Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Green Beans Peach Crisp Coleslaw/Bun
25	26	27	28 CALL TO REQUEST*	29
Santa Fe Chicken w/ Salsa (Cheese Ravioli) Black Beans and Corn Creamed Spinach Fresh Fruit Multigrain Roll	Swiss Steak w/ Peppers, Mushrooms and Onions (Italian White Bean Soup w/ Crackers) Broccoli Whipped Potatoes Pineapple tidbits Multigrain Roll	Turkey Dressing/Gravy (Roasted Vegetable Casserole) Seasoned Green Beans Sweet Potato Casserole Dinner Roll Fruit Cup Holiday Dessert	<i>Holiday Meals-Home Delivered Clients</i> Pineapple Glazed Ham (Baked Fish) upon request Scalloped Potatoes Vegetable Medley / Roll Pumpkin Mousse*	

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

*Diet Dessert

TO 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 Mobile Meals Office to change your entrée

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal
(865) 524-2786**