



# CAC SENIOR NUTRITION PROGRAM

## October 2023

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>	<b>7</b>
	Meatball Sub <i>(Mushroom Stroganoff) (roll)</i> Broccoli Carrots Fruit Juice/ Hot Dog Bun	Salmon w/ Sour Cream Dill Sauce (Broccoli and Cheese Soup w/ Crackers) Mixed Vegetables Mashed Potatoes Fresh Fruit/ Wheat Roll	Hotdog w/Chili (Cheese Ravioli/ Roll) Green Beans Corn Fresh Cup/Bun	BBQ Chicken (Cheese Calzone) Broccoli Seasoned Potatoes Applesauce/Wheat Roll	Tuna Salad W /Tomato Half <i>(Egg Salad W Tomato Half)</i> Carrot Kale Salad Mixed Fruit Crackers	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Meatloaf (Corn Chowder w/ Crackers) Mashed Potatoes Peas and Carrots Fruit Juice/Wheat Roll	Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Spiced Peaches/Hotdog Bun	Chicken Dijon (Spanish Couscous) Scalloped Potatoes Spinach Fruit Juice/Onion Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Pears w/ Blueberries Flavored Waffle/V8 Juice	Homemade Chili (Cheese Ravioli) Roll Carrots Corn Fresh Fruit/Corn Chips	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Pulled Pork <i>(Vegetable Patty)</i> Baked Beans Mixed Vegetables Fresh Fruit/Bun	Ranch Chicken (Tomato Pie) Italian Tomatoes Green Beans Fresh Fruit/Multigrain Roll	Pinto Beans and Ham (Salmon) Turnip Greens Corn Applesauce/Cornbread	Beef and Macaroni and Tomatoes (Eggplant Parmesan) Broccoli w/Cheese Sauce Apple Blueberry Crisp/Multigrain Roll	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto) Cucumber Tomato Salad Tropical Fruit Whole Wheat Crackers	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Chicken Stew (Vegetable Creole) Corn Baked Apples Roll	Bacon Burger (Vegetarian Chili w/Crackers) Seasoned Potatoes Mixed Vegetables Fruit Juice/Bun	Chicken w/Peppers, Onions, Swiss Cheese (Vegetable Stir Fry) Broccoli Baked Peaches/Wheat Roll	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	
<b>29</b>	<b>30</b>	<b>31</b>				
	Ravioli w/Meat Sauce Tomatoes (California Casserole) Squash, Peppers, Green Beans Corn Fruit Cup/Garlic Roll	Chicken Casserole (Salmon w/Tartar Sauce) Carrots Peas Applesauce/Flavored Waffle				

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)

**All meals served with a ½ pint of milk**

**\*Diabetic desert**

Please use attached envelope for your monthly meal contribution.

**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.

**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**