





# CAC SENIOR NUTRITION PROGRAM

## SEPTEMBER 2022

Sun.	Mon.	Tues.	Wed.	Thurs.	Fr	Sat.
				<b>1</b> Beef and Macaroni (Vegetable Stir Fry) Broccoli w/Cheese Sauce Apple Blueberry Crisp Multigrain Roll	<b>2</b> Italian Chicken Salad over Lettuce (Tuna Salad) Broccoli Salad Fruit Yogurt Crackers	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		Beef Patty w/Mushroom & Onion Gravy (Cheese Calzone) Mashed Potatoes Green Beans Pineapple Cherry Crisp Roll	Pulled Pork (Vegetable Patty) Baked Beans Corn, Peas, Carrots Fresh Fruit Bun	Meatball Sub (Mushroom Stroganoff w/Roll) Broccoli Potato Casserole Applesauce Hot Dog Bun	Ranch Chicken Pasta w/Vegetables (Pimento Cheese) Italian Tomato Salad Pears and Blueberries Crackers	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Broccoli Baked Pineapple Onion Roll	Bacon Burger (Fish Patty w/Tartar Sauce) Green Beans Seasoned Potatoes Fruit Juice Bun	Chicken Parmesan (Vegetable Creole) Creamed Corn Baked Apples Roll	Meatloaf (Tomato Pie) Mashed Potatoes Green Peas Fresh Fruit Roll	Tuna Salad w/Tomato Half (Egg Salad w/Tomato Half) Beet Kale Salad Pineapple, Oranges, Cherries Whole Wheat Crackers	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	Chicken Florentine (Barley Lentil Stew) Peas and Carrots Fruit Compote Multigrain Roll	BBQ Riblet (Salmon Patty w/Tartar Sauce) Baked Beans Squash, Cauliflower, Peppers Fruit Juice Roll	Spanish Rice (Cheese Ravioli Roll) Green Beans Corn Fresh Fruit Corn Chips	Salmon w/Sour Cream Dill Sauce (Pinto Beans w/Cornbread) Carrots, Broccoli, Cauliflower Scalloped Potatoes Applesauce Onion Roll	Chef Salad w/Ham & Turkey (Cottage Cheese) Cucumber and Tomato Salad Peaches Crackers	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	Ravioli w/Meat Sauce (Vegetable Creole) Squash, Peppers, Green Beans Corn Fresh Fruit Roll	Fish w/Tartar Sauce (Mixed Beans w/Cornbread) Cheddar Potatoes Brussel Sprouts Fruit Juice Roll	Chicken & Potatoes w/Country Gravy (Salmon w/Tartar Sauce) Green Beans Cinnamon Applesauce Onion Roll	Sausage w/Onions and Peppers (Macaroni and Cheese w/Roll) Red Beans and Rice Spiced Peaches Hot Dog Bun	Chicken Caesar Salad (Calico Bean Salad) Marinated Vegetable Salad Tropical Fruit Yogurt Crackers	

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)

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

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**