




CAC SENIOR NUTRITION PROGRAM

September 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2
					Tuna Salad W /Tomato Half (Egg Salad W Tomato Half) Carrot Kale Salad Mixed Fruit Crackers	
3	4	5	6	7	8	9
		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 Biscuit/V8 Juice	Chicken Pasta Salad (Pimento Cheese) Three Bean Salad Pineapple w/ Cherries Crackers	
10	11	12	13	14	15	16
	Meatloaf (Corn Chowder w/ Crackers) Mashed Potatoes Peas and Carrots Fruit Juice/Wheat Roll	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	Chicken Caesar Salad (Egg Salad w/Tomato Half) Italian Tomato Salad Ambrosia/Crackers	
17	18	19	20	21	22	23
	BBQ Riblet (Veggie Patty) Baked Beans Carrots, Cauliflower, Broccoli Applesauce/Wheat 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	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto) Cucumber Tomato Salad Tropical Fruit Whole Wheat Crackers	
24	25	26	27	28	29	30
	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/Wheat Roll	Meatball Sub (Mushroom Stroganoff) (roll) Broccoli Potato Casserole 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	

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

Please call the Mobile Meals Office with any changes to your entrée.

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