




CAC SENIOR NUTRITION PROGRAM

December 2024

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
2	3	4	5	6
Beef Patty w/Mushroom Onion Gravy (Corn Chowder) Mashed potatoes Green Beans Fruit Cup / Roll	Pancake and sausage (Eggs w/ pancake) Home fries Low sodium V8 juice Maple apples	Chicken Tortilla Soup w/ Cheese (Cheese Ravioli) Brussel Sprouts Squash Medley Fresh Fruit Corn Chips	Tuna noodle casserole w/ vegetables (Tomato Pie) Succotash Pear/Blueberry Crisp Roll	Spanish rice (Beef) (Vegetable pasta marinara) Carrots Broccoli Peaches Garlic Knot
9	10	11	12	13
Chicken Chili w/White Beans (Cheese Calzone) Corn Spinach Fruit Cup Crackers	Sausage w/Onions and Peppers (Macaroni and cheese) Red beans Hot Fruit Compote Wheat roll	Veg. beef soup (White Beans) Lima beans Pineapple cherry crisp Cornbread	Garlic Butter Chicken Penne Pasta (Alfredo vegetable pasta) California Blend Sweet Potatoes Fruit Juice Multigrain Roll	Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Green Beans Coleslaw Apple Crisp Bun
16	17	18	19	20
Green Chile Chicken Casserole (Bean and Cheese Burrito) Red beans & rice Creamed Spinach Fruit Cup / Corn Chips	Fish w/ Tartar Sauce (Vegetable Pasta Pesto) Turnip Greens Scalloped Potatoes Applesauce Roll	White Beans and Ham (Eggplant Parmesan w/roll) Brussel Sprouts Spiced Peaches Cornbread	Beef Burrito (Santa Fe Couscous) Mexican Corn Broccoli Pears Corn chips	Chicken Casserole (Spinach Pie) Peas Carrots Fruit Juice Roll
23	24	25 CALL TO REQUEST*	26	27
Apple glazed pork loin (Roasted vegetable pie) Whipped sweet potatoes Green Bean Casserole Dessert Multigrain Roll	<p>*Holiday! No Meals Served*</p> 	Cranberry orange Chicken (Vegetable patty w/ red peppers and onions) Cheddar mashed potatoes Vegetable medley Dessert / Onion Roll	Meatball Sub (Mushroom Stroganoff w/Roll) Broccoli Potato Casserole Fruit Juice Hot dog Bun	Salmon w/ Tartar Sauce (Macaroni and cheese) Peas/Carrots Coleslaw Baked Pineapple Roll
30	31	<p>*PLEASE CALL 524-2786 (ask for Mobile Meals) to let us know if you DO NEED a meal delivered on Christmas Day.</p>		
Hamburger (Vegetable Patty) Scalloped Potatoes Mixed Veggies Fruit Juice Bun	Glazed ham (Barley lentil soup) Mixed greens Seasonal Black-Eyed Peas Fruit Cup Multigrain Roll			

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

*Diet Dessert

Please call Mobile Meals Office to change your entrée

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