



# CAC SENIOR NUTRITION PROGRAM

## February 2025

**Name:** \_\_\_\_\_

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chicken patty on bun (Tuna Noodle Casserole/ Roll) Mixed vegetables Spinach Fruit juice	Meatloaf (Barley lentil soup) Mashed Potatoes Green Peas Peaches /Roll	Chicken Tortilla Soup w/ Cheese (Cheese Ravioli) Brussel Sprouts Hominy & Tomatoes Fruit Cup /Corn Chips	Teriyaki Pineapple Pork w/rice (Vegetable Creole) Sesame Green beans Squash Fruit Juice /Roll	Hamburger (Vegetable Patty) Roasted Potatoes Succotash Fresh Fruit /Bun
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Chili w/White Beans (Eggplant Parmesan w/ Roll) Corn Spinach Fruit Cup Crackers	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Spiced Peaches V8 Juice WG Blueberry Muffin	Beef Stew (Vegetable pasta marinara w/ Roll) Broccoli Cinnamon Apples Biscuit	Chicken Parmesan (Vegetarian Cottage Pie) Green beans Beet, Carrot, & Broccoli Salad Baked Pineapple Roll	Sloppy Joe on bun (Tomato Pie w/Roll) Cheesy Potatoes Mixed Vegetables Fresh Fruit
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>*Holiday! No Meals Served*</b>  	Beef Burrito (Santa Fe Couscous) Mexican Corn Broccoli Fruit Juice Corn chips	Sausage w/Onions and Peppers w/ Bun (Alfredo vegetable pasta/ Roll) Green Beans Baked Peaches	Salmon Patty w/ Tartar Sauce (Vegetable Pasta Pesto) Squash Coleslaw Hot Fruit Compote Roll	Green Chile Chicken Casserole (Bean and Cheese Burrito) Red beans & rice Creamed Spinach Fruit Cup / Cornbread
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
BBQ pork w/ Bun (California Casserole w/ Roll) Mixed Vegetables Maple Baked Beans Fresh Fruit	Fish w/ Tartar Sauce (Macaroni and cheese) Spinach Corn Fruit Juice Roll	Salisbury Steak w/ Mushroom Gravy and Pepper & Onions (Italian White Bean Soup w/ Crackers) Mashed Potatoes California Blend Pineapple Cherry Crisp Roll	Chicken Casserole (Spinach Pie) Peas Carrots Fruit Cup Roll	Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Green Beans Coleslaw Apple Crisp Bun
				

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

\*Diet Dessert

Please call Mobile Meals Office to change your

**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**