







CAC SENIOR NUTRITION PROGRAM

January 2025

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
		1	2	3
		*Holiday! No Meals Served* 	Chicken patty on bun (Vegetarian Cottage Pie) Mixed vegetables Spinach Fruit juice Roll	Meatloaf (Veggie Penne Pasta w/ white sauce) Mashed Potatoes Green Peas Peaches / Roll
6	7	8	9	10
Chicken Tortilla Soup w/ Cheese (Cheese Ravioli) Brussel Sprouts Squash Fresh Fruit Corn Chips	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples V8 Juice WG Blueberry Muffin	Beef Burrito (Santa Fe Couscous) Mexican Corn Mixed Greens Pears Crackers	Roasted Turkey over brown rice, gravy (Vegetable pasta marinara) Broccoli Bean Salad Peach crisp / Roll	Sloppy Joe on bun (Tomato Pie) Cheesy Potatoes Mixed Veggies Fruit Cup
13	14	15	16	17
Teriyaki Pineapple Pork w/rice (Vegetable Creole) Green beans Okra and Tomatoes Fruit Juice / Roll	Hamburger (Vegetable Patty) Diced Potatoes Peas and Carrots Fresh Fruit Bun	Chicken Chili w/White Beans (Cheese Calzone) Corn Spinach Applesauce Crackers	Tuna noodle casserole w/ vegetables (Roasted Vegetable Casserole) Succotash Pear/Blueberry Crisp Roll	Ravioli w/Meat Sauce (Cheese Ravioli) Italian Blend Mixed Greens Fruit Cup Garlic Knot
20	21	22	23	24
Holiday! No Meals Served 	Sausage w/Onions and Peppers (Alfredo vegetable pasta) Broccoli Baked Pineapple Wheat roll	Salmon w/ Tartar Sauce (Macaroni and cheese) Squash Coleslaw Hot Fruit Compote Roll	Green Chile Chicken Casserole (Bean and Cheese Burrito) Red beans & rice Creamed Spinach Fruit Cup / Corn Chips	Veg. beef soup (White Beans) California Blend Baked Apples Crackers
27	28	29	30	31
BBQ pork (California Casserole) Mixed Vegetables Maple Baked Beans Fresh Fruit Roll	Fish w/ Tartar Sauce (Vegetable Pasta Pesto) Spinach Corn Fruit Juice Bun	Salisbury Steak w/ Mushroom Gravy and Pepper & Onions (Italian White Bean Soup w/ Crackers) Mashed Potatoes 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 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**