



CAC SENIOR NUTRITION PROGRAM

July 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
1	2	3	4	5
BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Roll/Pears w/ Blueberries	Fish w/ Tartar Sauce (Cheese Ravioli) Potato Casserole Carrots Fruit cup/Roll	Italian Chicken Salad over Lettuce (Tuna Salad) Broccoli Salad Tropical Fruit Crackers		Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Apple Crisp Green Beans Cole Slaw/Bun
8	9	10	11	12
Chicken Casserole (Cheese Calzone) Carrots Peas Applesauce/Roll	Pulled Pork (Mixed Beans w/cornbread) Squash/Peppers Cheddar Potatoes Cole Slaw/Bun	Chicken Stew (Italian White Bean Soup w/ Crackers) Spinach Spiced Peaches Biscuit	Meatball Sub (Mushroom Stroganoff w/roll) Italian Blend Scalloped Potatoes Fruit Cup/Hot Dog Bun	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto) Cucumber Tomato Salad Melon Cup Whole Wheat Crackers
15	16	17	18	19
Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp Hot dog bun	Dijon Chicken (Macaroni and Cheese) Scalloped potatoes Mixed Vegetables Fresh Fruit/Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples Pancake/V8 Juice	Sloppy Joe on Bun (Red Beans and Rice w/ Roll) Corn Casserole Green Beans Fruit Juice	Chicken Pasta Salad (Pimento Cheese w/ Tomato Half) Carrot Kale Salad Pineapple w/Cherries Crackers
22	23	24	25	26
Bacon Burger (Vegetable Patty) Green Beans Creamed Corn Potato Salad/Bun	Macaroni and Cheese (Vegetable Stir Fry) Broccoli Stewed Tomatoes Fresh Fruit/Multigrain Roll	Meatloaf (Salmon w/ Tartar Sauce) Mashed Potatoes Peas Fruit Juice/Roll	Chicken w/Peppers, Onions and Cheese (Corn Chowder w/ Crackers) California Blend Baked Peaches Onion Roll	Tuna Salad W /Tomato Half (Egg Salad W Tomato Half) Italian Tomato Salad Ambrosia Fruit Salad Whole Wheat Crackers
29	30	31		
Chicken Parmesan (Vegetable Creole) Mixed Vegetables Baked Apples Roll	Spanish Rice (Tomato Pie) Green Beans Corn Fruit Cup/ Roll	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Broccoli Baked Pineapple Onion Roll		

IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

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**