

CAC SENIOR NUTRITION PROGRAM July 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
1	2	3	4	5
BBQ Riblet	Fish w/ Tartar Sauce	Italian Chicken Salad	***	Hot Dog w/ Chili
(California Casserole)	(Cheese Ravioli)	over Lettuce	* Happy *	(Vegetarian Chili w/
Mixed Vegetables	Potato Casserole	(Tuna Salad)	4111 of #	Crackers)
Maple Baked Beans	Carrots	Broccoli Salad	🎙 ^July^ 🚜	Apple Crisp
Roll/Pears w/	Fruit cup/Roll	Tropical Fruit	#	Green Beans
Blueberries		Crackers		Cole Slaw/Bun
8	9	10	11	12
Chicken Casserole	Pulled Pork	Chicken Stew	Meatball Sub	Chef Salad with Ham,
(Cheese Calzone)	(Mixed Beans	(Italian White Bean	(Mushroom	Egg, and Cheese
Carrots	w/cornbread)	Soup w/ Crackers)	Stroganoff w/roll)	(Vegetable Pasta
Peas	Squash/Peppers	Spinach	Italian Blend	Pesto)
Applesauce/Roll	Cheddar Potatoes	Spiced Peaches	Scalloped Potatoes	Cucumber Tomato
	Cole Slaw/Bun	Biscuit	Fruit Cup/Hot Dog	Salad
			Bun	Melon Cup
				Whole Wheat Crackers
15	16	17	18	19
Sausage w/Onions	Dijon Chicken	Cheese	Sloppy Joe on Bun	Chicken Pasta Salad
and Peppers	(Macaroni and	Omelet/Sausage	(Red Beans and Rice	(Pimento Cheese w/
(Spinach Pie w/Roll)	Cheese)	(Cheese Omelet)	w/ Roll)	Tomato Half)
Red Beans and Rice	Scalloped potatoes	Breakfast Potatoes	Corn Casserole	Carrot Kale Salad
Apple/Blueberry	Mixed Vegetables	Cinnamon Apples	Green Beans	Pineapple w/Cherries
Crisp	Fresh Fruit/Roll	Pancake/V8 Juice	Fruit Juice	Crackers
Hot dog bun				
22	23	24	25	26
Bacon Burger	Macaroni and Cheese	Meatloaf	Chicken w/Peppers,	Tuna Salad W /Tomato
(Vegetable Patty)	(Vegetable Stir Fry)	(Salmon w/ Tartar	Onions and Cheese	Half
Green Beans	Broccoli	Sauce)	(Corn Chowder w/	(Egg Salad W Tomato
Creamed Corn	Stewed Tomatoes	Mashed Potatoes	Crackers)	Half)
Potato Salad/Bun	Fresh Fruit/Multigrain	Peas	California Blend	Italian Tomato Salad
	Roll	Fruit Juice/Roll	Baked Peaches	Ambrosia Fruit Salad
			Onion Roll	Whole Wheat Crackers
29	30	31		
Chicken Parmesan	Spanish Rice	Chicken Stir Fry		
(Vegetable Creole)	(Tomato Pie)	(Vegetable Pasta		
Mixed Vegetables	Green Beans	Pesto)		
Baked Apples	Corn	Sesame Broccoli		
Roll	Fruit Cup/ Roll	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