



CAC SENIOR NUTRITION PROGRAM

March 2025

Name: _____

| Mon. | Tues. | Wed. | Thurs. | Fri. |
|--|--|---|---|--|
| 3 | 4 | 5 | 6 | 7 |
| Chicken patty on bun (Tuna Noodle Casserole/ Roll) Carrots Broccoli Fruit juice | Meatloaf (Barley lentil soup) Mashed Potatoes Green Peas Peaches Roll | Chicken Tortilla Soup w/ Cheese (Roasted Vegetable Casserole) Brussel Sprouts Corn Fruit Cup / Crackers | Teriyaki Pineapple Pork w/rice & Carrots (Vegetable Creole) Sesame Green beans Squash Casserole Roll | Hamburger (Vegetable Patty) Roasted Rosemary Potatoes Succotash Fresh Fruit / Bun |
| 10 | 11 | 12 | 13 | 14 |
| Chicken Chili w/White Beans (Eggplant Parmesan w/ Roll) Corn Spinach Fruit Cup / Crackers | Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples V8 Juice WG Blueberry Muffin | Beef Stew (Vegetable pasta marinara w/ Roll) Okra Spiced Peaches 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 |
| 17 | 18 | 19 | 20 | 21 |
| Spanish rice (Beef) (Salmon Patty w/ Tartar Sauce) Carrots Broccoli Applesauce Garlic Toast | Fish w/ Tartar Sauce (Macaroni and cheese) Roasted Potatoes Succotash Fruit Juice Roll | Sausage w/Onions and Peppers w/ Bun (Alfredo vegetable pasta/ Roll) Green Beans Pears/Blueberry Crisp | Salisbury Steak w/ Mushroom Gravy and Pepper & Onions (Italian White Bean Soup w/ Crackers) Mashed Potatoes Pineapple Cherry Crisp Roll | Green Chile Chicken Casserole (Mushroom Stroganoff) Roasted Sweet Potato Creamed Spinach Fruit Cup Roll |
| 24 | 25 | 26 | 27 | 28 |
| BBQ pork w/ Bun (California Casserole w/ Roll) Mixed Vegetables Maple Baked Beans Fresh Fruit | Beef Burrito (Santa Fe Couscous) Mexican Corn Broccoli Fruit Juice / Corn chips | Chicken Casserole (Spinach Pie) Peas Carrots Fruit Cup / Roll | Pinto Beans w/ Ham (Squash Casserole) Mixed Greens Corn Fruit Juice / Cornbread | Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Green Beans Coleslaw Apple Crisp / Bun |
| 31 | | | | |
| Santa Fe Chicken w/ Salsa (Cheese Ravioli) Black Beans and Corn Creamed Spinach Fresh Fruit / 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

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**