



CAC SENIOR NUTRITION PROGRAM

October 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
	1	2	3	4
	Sloppy Joe on Bun (Red Beans and Rice w/ Roll) Seasoned Potatoes Italian blend Vegetables Fruit Juice	Chicken Parmesan (Vegetable Creole) Mixed Vegetables Baked Apples Roll Fruit Cup	Meatloaf (Vegetable Lasagna) Mashed Potatoes Green Peas Baked Peaches Roll	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto) Cucumber Tomato Salad Melon Cup Whole Wheat Crackers
7	8	9	10	11
Ravioli w/Meat Sauce Tomatoes (Eggplant Parmesan) Squash, Peppers, Onions Corn Fruit Cup/Garlic Roll	BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Roll/Fruit Cup	Chicken Stew (Vegetarian Cottage Pie) Spinach Spiced Peaches Biscuit	Pinto Beans w/ Ham (Barley Lentil Stew) Mixed Greens Creamed Corn Fresh Fruit/Cornbread	Fish w/ Tartar Sauce (Cheese Ravioli) Peas Carrots Fruit Cup/Roll
14	15	16	17	18
Chicken Stir Fry (Vegetable Risotto) Sesame Broccoli Baked Pineapple Multigrain Roll	Beef Burrito (Bean and Cheese Burrito) Mexican Corn Broccoli Fruit Juice/Cornbread	Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp/Hot dog bun	Salmon w/ Tarter Sauce (Cheese Ravioli) Peas Carrots Fruit Cup/Roll	TN Burger Day Hamburger (Vegetable Patty) Seasoned Potatoes Green Beans Cole Slaw/Bun
21	22	23	24	25
Santa Fe Chicken w/ Salsa (Corn Chowder) Black Beans and Corn Creamed Spinach Multigrain Roll/Fruit Cup	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples Biscuit/V8 Juice	Swiss Steak (Italian White Bean Soup w/ Crackers) Creamy Potatoes Green Beans Fruit Cup/Multigrain Roll	Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Apple Crisp Green Beans Cole Slaw/Bun	Tuna Salad w/ Tomato Half (Egg Salad w/ Tomato Half) Zucchini and Tomato Salad Ambrosia Fruit Salad Whole Wheat Crackers
28	29	30	31	
Chicken Casserole (Cheese Calzone) Brussel Sprouts Creamed Corn Applesauce/Roll	Red Bean and Rice w/ Sausage (Santa Fe Couscous) Green Beans Spiced Peaches Cornbread	Macaroni and Cheese (Vegetable Stir Fry) Broccoli Succotash Fresh Fruit/Multigrain Roll	Cranberry Orange Chicken (Tomato Pie) Scalloped Potatoes Peas Multigrain 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