



# CAC SENIOR NUTRITION PROGRAM

## September 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>HAPPY LABOR DAY</b>	Swiss Steak (Italian White Bean Soup w/ Crackers) Creamy Potatoes Green Beans Fruit Cup/Multigrain Roll	Chicken Parmesan (Vegetable Creole) Mixed Vegetables Baked Apples Breadstick	Beef Burrito (Bean and Cheese Burrito) Mexican Corn Broccoli Fruit Juice/Cornbread	Tuna Salad W /Tomato Half (Egg Salad W Tomato Half) Zucchini and Tomato Salad Ambrosia Fruit Salad Whole Wheat Crackers
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Bacon Burger (Vegetable Patty) Seasoned Potatoes Green Beans Cole Slaw/Bun	BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Roll/Fruit Cup	Macaroni and Cheese (Vegetable Stir Fry) Broccoli Stewed Tomatoes Fresh Fruit/Multigrain Roll	Sloppy Joe on Bun (Red Beans and Rice w/ Roll) Carrots Italian Blend Pears w/Blueberries	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto w Tomato) Cucumber Tomato Salad Melon Cup Whole Wheat Crackers
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp Hot dog bun	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Broccoli Baked Pineapple Multigrain Roll	Meatloaf (Salmon w/ Tartar Sauce) Mashed Potatoes Green Beans Baked Peaches/Roll	Santa Fe Chicken w/ Salsa (Corn Chowder) Black Beans Creamed Spinach Multigrain Roll/Fruit Cup	Chicken Pasta Salad (Pimento Cheese w/ Tomato Half) Carrot Kale Salad Pineapple w/Cherries Crackers
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Meatball Sub (Barley Lentil Stew w/roll) Italian Blend Creamed Corn Fresh Fruit/Hot Dog Bun	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples Biscuit/V8 Juice	Fish w/ Tartar Sauce (Cheese Ravioli) Peas Carrots Fruit cup/Roll	Red Bean and Rice w/ Sausage (Tomato Pie) Green Beans Spiced Peaches Cornbread	Italian Chicken Salad over Lettuce (Tuna Salad w/ Tomato) Broccoli Salad Tropical Fruit Breadstick
<b>30</b>				
Chicken Casserole (Cheese Calzone) Scalloped Potatoes Peas Applesauce/Roll				

### IMPORTANT INFORMATION

(Alternative Mobile Meal)

All meals served with a ½ pint of milk

Please call Mobile Meals Office to change your entrée.

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal**

**(865) 524-2786**

**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.