



# CAC SENIOR NUTRITION PROGRAM

## April 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beef and Macaroni and Tomatoes (Eggplant Parmesan) California Blend Apple Blueberry Crisp Multigrain Roll	Pulled Pork (Vegetable Patty) Baked Beans Coleslaw Applesauce / Bun	Meatloaf (Fish w/ Tartar Sauce) Scalloped Potatoes Peas Fruit Juice/Wheat Roll	Cranberry Apple Chicken (Barley Lentil Stew) Brussel Sprouts Sweet Potatoes Multigrain Roll	Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Spiced Peaches Hot dog bun
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
BBQ Riblet (California Casserole) Broccoli Baked Beans Wheat Roll/Fruit Cup	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Maple Apples Flavored Waffle/V8 Juice	Chicken Stew (Italian White Bean Soup) Spinach Pears w/ Blueberries Onion Roll	Meatball Sub (Mushroom Stroganoff) (roll) Italian Blend Carrots Fruit Juice/Hot Dog Bun	Fish w/ Tartar Sauce (Macaroni and Cheese) Lima Beans Stewed Tomatoes Fruit Cup Multigrain roll
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Ravioli w/ Meat Sauce (Vegetable Stew) Brussel Sprouts Pineapple Cherry Crisp Garlic Bread	Ranch Chicken (Salmon patty w/Tartar Sauce) Italian Tomatoes Green Beans Fruit Juice/Multigrain Roll	Pinto Beans and Ham (Tomato Pie) Turnip Greens Corn Cornbread Applesauce	Sloppy Joe on Bun (Red Beans and Rice) Broccoli Carrots Fresh Fruit	Tuna Salad W /Tomato Half (Egg Salad W Tomato Half) Carrot Kale Salad Ambrosia Fruit Salad Whole Wheat Crackers
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Macaroni and Cheese (Corn Chowder w/ Crackers) Broccoli Stewed Tomatoes Fresh Fruit Multigrain Roll	Chicken w/Peppers, Onions and Cheese (Vegetable Stir Fry) Green Beans Baked Peaches Wheat Roll	Salmon patty w/ tartar sauce Cheese Ravioli Potato Casserole Carrots Applesauce/Roll	Beef Stew (Spanish Couscous) Corn Pears and Cherries Cornbread	Chicken Pasta Salad (Vegetable Pasta Pesto) Cucumber and Tomato Salad Pineapple w/Cherries Crackers
<b>29</b>	<b>30</b>			
Hot dog w/ Chili (Vegetarian Chili w/Crackers) Seasoned potatoes Green beans Fruit Juice/Bun	Chicken Casserole (Cheese Calzone) Carrots Peas Applesauce 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 MICROVAVE:** 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**