



# CAC SENIOR NUTRITION PROGRAM

## August 2024

Mon.	Tues.	Wed.	Thurs.	Fri.
			<b>1</b>	<b>2</b>
			Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Apple Crisp Green Beans Cole Slaw/Bun	Italian Chicken Salad over Lettuce (Tuna Salad w/ Tomato) Broccoli Salad Tropical Fruit Breadstick
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Swiss Steak (Italian White Bean Soup w/ Crackers) Creamy Potatoes Broccoli Spiced Peaches WG Roll	BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Roll/Pears w/ Blueberries	Chicken Casserole (Cheese Calzone) Carrots Peas Applesauce/Roll	Meatball Sub (Barley Lentil Stew w/roll) Italian Blend Scalloped Potatoes Fruit Cup/Hot Dog Bun	Chef Salad with Ham, Egg, and Cheese (Vegetable Pasta Pesto w Tomato) Cucumber Tomato Salad Melon Cup Whole Wheat Crackers
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp Hot dog bun	Dijon Chicken (Macaroni and Cheese) Scalloped potatoes Mixed Vegetables Fresh Fruit/Roll	Chicken Stir Fry (Vegetable Pasta Pesto) Sesame Broccoli Baked Pineapple MG Roll	Sloppy Joe on Bun (Red Beans and Rice w/ Roll) Corn Casserole Green Beans Fruit Juice	Chicken Pasta Salad (Pimento Cheese w/ Tomato Half) Carrot Kale Salad Pineapple w/Cherries Crackers
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Bacon Burger (Vegetable Patty) Green Beans Creamed Corn Potato Salad/Bun	Macaroni and Cheese (Vegetable Stir Fry) Broccoli Stewed Tomatoes Fresh Fruit/Multigrain Roll	Meatloaf (Salmon w/ Tartar Sauce) Mashed Potatoes Peas Fruit Juice/Roll	Santa Fe Chicken w/ Salsa (Corn Chowder) Black Beans and Corn Creamed Spinach Multigrain Roll Fruit Cup	Tuna Salad W /Tomato Half (Egg Salad W Tomato Half) Sweet Corn and Tomato Salad Ambrosia Fruit Salad Whole Wheat Crackers
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Chicken Parmesan (Vegetable Creole) Mixed Vegetables Baked Apples Breadstick	Fish w/ Tarter Sauce (Cheese Ravioli) Potato Casserole Carrots Fruit cup/Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples Biscuit/V8 Juice	Red Bean and Rice w/ Sausage (Tomato Pie) Green Beans Corn Fruit cup/Cornbread	Chicken Caesar Salad (Italian Navy Bean Salad w/ Tomatoes) Italian Tomato Salad Pears w/ Blueberries Crackers

**IMPORTANT INFORMATION**  
(Alternative Mobile Meal)

**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.

**Please call Mobile Meals (preferably the day before) if you will not be home for your meal  
(865) 524-2786**

All meals served with a ½ pint of milk

**Please call Mobile Meals Office to change your entrée.**

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