




# CAC SENIOR NUTRITION PROGRAM

## February 2024

Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
				<b>1</b>	<b>2</b>	<b>3</b>
				Macaroni and Cheese (Fish w/ Tartar Sauce) Broccoli Stewed Tomatoes Fresh Fruit Multigrain Roll	Sausage w/Onions and Peppers (Spinach Pie w/ Roll) Red Beans and Rice Spiced Peaches Hot dog bun	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	Sloppy Joe on Bun (Red Beans and Rice) Broccoli Carrots Fresh Fruit	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) Broccoli Carrots Fresh fruit/Hot Dog Bun	Fish w/ Tartar Sauce (Macaroni and Cheese) Lima Beans Stewed Tomatoes Fruit Cup/Multigrain roll	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Ravioli w/ Meat Sauce (Vegetable Stew) Brussel Sprouts Pineapple Cherry Crisp Garlic Bread	Chicken Dijon (Salmon patty w/Tartar Sauce) Italian Tomatoes Green Beans Fruit Juice/Multigrain Roll	Pinto Beans and Ham (Tomato Pie) Turnip Greens Corn Cornbread Applesauce	Chicken w/Peppers, Onions and Cheese (Vegetable Stir Fry) Broccoli Baked Peaches Wheat Roll	Beef and Macaroni and Tomatoes (Eggplant Parmesan) Peas Apple Blueberry Crisp Multigrain Roll	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
		BBQ Riblet (California Casserole) Broccoli Baked Beans Wheat Roll/Fruit Cup	Salmon patty w/ tartar sauce (Cheese Ravioli/ Roll) Potato Casserole Carrots Applesauce/Roll	Beef Stew (Spanish Couscous) Corn Pears and Cherries Cornbread	Cranberry Apple Chicken (Barley Lentil Stew) Brussel Sprouts Sweet Potatoes Multigrain Roll	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>		
	Hot dog w/ Chili (Vegetarian Chili w/Crackers) Seasoned potatoes Green beans Fruit Juice/Bun	Chicken Casserole (Vegetable Lasagna) Carrots Peas Applesauce / Multigrain Roll	Pulled Pork (Vegetable Patty) Baked Beans Mixed Vegetables Fresh Fruit / Bun	Meatloaf (Corn Chowder w/ Crackers) Scalloped Potatoes Peas and Carrots Fruit Juice/Wheat Roll		

**IMPORTANT INFORMATION**

(Alternative Mobile Meal)  
All meals served with a ½ pint of milk

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

**INSTRUCTIONS FOR 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.

**REMEMBER to call MOBILE MEALS if you will not be home for your meal, preferably the day before, Office Phone Number is (865) 524-2786**