CAC SENIOR NUTRITION PROGRAM
November 2024

Name: _____

Mon.	Tues.	Wed.	Thurs.	Fri.
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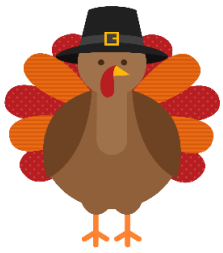
	*PLEASE CALL 524-2786 (ask for Mobile Meals) to let us know if you DO NEED a meal delivered on Thanksgiving Day.			TN Hamburger (Vegetable Patty) Potato Salad Green Beans Apple Crisp/Bun
4	**5**	**6**	**7**	**8**
BBQ Riblet (California Casserole) Mixed Vegetables Maple Baked Beans Fresh Fruit Roll	Ravioli w/Meat Sauce (Santa Fe Couscous) Squash, Peppers, Onions Corn Applesauce Garlic Roll	Chicken Stew (Vegetarian Cottage Pie) Spinach Spiced Peaches Biscuit	Pinto Beans w/ Ham (Barley Lentil Stew) Mixed Greens Tomatoes w/ Onions Fruit Juice Cornbread	Fish w/ Tartar Sauce (Vegetable Pasta Pesto) Peas Carrots Fruit Cup Roll
11	**12**	**13**	**14**	**15**
Holiday! No Meals Served 	Beef Burrito (Bean and Cheese Burrito) Mexican Corn Broccoli Fruit Juice Corn chips	Sausage w/Onions and Peppers (Spinach Pie w/Roll) Red Beans and Rice Apple/Blueberry Crisp Hot dog bun	Salmon w/ Tartar Sauce (Vegetable Creole) Green beans Carrots Fruit Cup Roll	Meatloaf (Veggie Penne Pasta w/ white sauce) Mashed Potatoes Green Peas Baked Peaches Roll
18	**19**	**20**	**21**	**22**
Chicken Casserole (Cheese Calzone) Peas/Carrots Creamed Corn Applesauce Roll	Cheese Omelet/Sausage (Cheese Omelet) Breakfast Potatoes Cinnamon Apples V8 Juice Biscuit	Red Bean and Rice w/ Sausage (Eggplant Parmesan) Brussel Sprouts Spiced Peaches Cornbread	Tuna noodle casserole w/ vegetables (Tomato Pie) Succotash Baked Apples Roll	Hot Dog w/ Chili (Vegetarian Chili w/ Crackers) Green Beans Peach Crisp Coleslaw/Bun
25	**26**	**27**	**28 CALL TO REQUEST***	**29**
Santa Fe Chicken w/ Salsa (Cheese Ravioli) Black Beans and Corn Creamed Spinach Fresh Fruit Multigrain Roll	Swiss Steak w/ Peppers, Mushrooms and Onions (Italian White Bean Soup w/ Crackers) Broccoli Whipped Potatoes Pineapple tidbits Multigrain Roll	Turkey Dressing/Gravy (Roasted Vegetable Casserole) Seasoned Green Beans Sweet Potato Casserole Dinner Roll Fruit Cup Holiday Dessert	*Holiday Meals-Home Delivered Clients* Pineapple Glazed Ham (Baked Fish) upon request Scalloped Potatoes Vegetable Medley / Roll Pumpkin Mousse*	

IMPORTANT INFORMATION
(Alternative Mobile Meal)
All meals served with a ½ pint of milk
*Diet Dessert

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