



FTHRA Nutrition Program

***Special Additions prepared by the Senior Center**

March, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1). Sloppy Joe / Bun Sweet Potatoes Broccoli Chocolate Pudding Graham Cracker *Apple Crisp
4). Salisbury Steak w/gravy Mashed Potatoes Lima Beans Pineapple Tidbits Dinner Roll	5). Pizza Casserole Cauliflower Carrots Rice Krispy Treat Dinner Roll	6). Café Connection Baked Potato Bar Salad Fruit	7). Egg Patty/Sausage Patty Breakfast Potatoes Gravy Orange Juice Biscuit	8). Breaded Fish w/tartar sauce Macaroni & Tomatoes Green Beans Tropical Fruit Dinner Roll *Cupcakes
11). Oven Fried Chicken Macaroni & Cheese Green Beans Peaches Dinner Roll	12). Chili Dog Potato Wedges Baked Beans Fruited Yogurt Bun	13). Café Connection Breakfast Burrito Tater Tots Fruit & Yogurt Parfait	14). Soup Beans Oven Browned Potatoes Brussel Sprouts Oatmeal Crème Cookie Cornbread	15). Turkey Kielbasa & Cabbage Boiled Potatoes Carrots Fudge Cookie Cornbread *Fresh Fruit
18). Chicken Fried Steak/Gravy Mashed Potatoes Mixed Vegetables Pears Dinner Roll	19). Spaghetti & Meat-sauce Italian Blend Veg. Baked Apples Texas Toast	20). Café Connection Chicken Stir Fry w/Rice Fortune Cookie Fruit	21). Beefy Goulash Winter Blend Veg. Beets Fudge Cookie Dinner Roll	22). BBQ Chicken Sandwich / Bun Potato Wedges Corn Mandarin Oranges *Cole Slaw
25). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pineapple Dinner Roll	26). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	27). Café Connection French Toast Casserole Bacon Fruit	28). Sliced Ham Sweet Potatoes Green Beans Ambrosia Graham Cracker Dinner Roll	29). GOOD FRIDAY HOLIDAY NO MEALS SERVED

One 2% milk is included with each meal. All servings are ½ cup. All entrees are 3 oz. servings or one portion.

****Menu may change due to weather and availability. **CALL THE NUTRITION COORDINATOR,**

AT 423-753-1080 TO SIGN UP FOR LUNCH 72 BUSINESS HOURS IN ADVANCE