



FTHRA Nutrition Program

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

May, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1). Café Connection Mary's Pasta Meatball Stew Roll Salad	2). Sliced Ham Lettuce & Tomato Potato Salad Pineapple Tidbits Bread (2)	3). Chicken Philly w/peppers & onions / Bun Sweet Potatoes Green Beans Mandarin Oranges *Chocolate Chip Cookie
6). Salisbury Steak Mashed Potatoes Peas & Carrots Pear Slices Dinner Roll	7). CLOSED FOR ANNUAL CONFERENCE	8). Café Connection Sausage Hashbrown Quiche Spring Greens w/ Balsamic Vinegar Fruit	9). Chicken Salad Lettuce & Tomato Green Pea Salad Fruited Jell-O Bread (2)	10). BBQ Pork Riblet Potato Wedges Carrots Oatmeal Crème Cookie Bun *Apple Slices
13). Breaded Chicken Tenders Macaroni & Cheese Spinach Sliced Peaches Dinner Roll	14). Spaghetti & Meat sauce Italian Mix Vegetables Baked Apples Dinner Roll	15). Café Connection Steak & Egg Breakfast Taco Cheesy Grits Fruit	16). Sliced Turkey Breast Lettuce & Tomato Macaroni Salad Pineapple Tidbits Bread (2)	17). Chicken w/rice & gravy Lima Beans Corn Fruited Jell-O Dinner Roll *Strawberry Lemonade
20). Chicken Fried Steak Mashed Potatoes Broccoli Fruit Cocktail Dinner Roll	21). Chili Mac Casserole Brussel Sprouts Carrots Fudge Cookie Dinner Roll	22). Café Connection Chili Dogs Steak Fries Corn Salad	23). Tuna Salad Marinated Cucumber Salad Cottage Cheese & Peaches Bread (2)	24). Chili Dog Potato Wedges Baked Beans Coleslaw Bun *Ambrosia Salad
27). CLOSED MEMORIAL DAY HOLIDAY	28). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	29). Café Connection Bacon/Egg/Cheese English Muffin Tater Tots Fruit	30). Sliced Ham Lettuce & Tomato Broccoli Salad Fruited Jell-O Bread (2)	31). <u>No Lunch served this Day</u>

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.**