



FTHRA Nutrition Program

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

July, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1). Chicken Alfredo Green Peas Carrots Peaches Dinner Roll	2). Beef & Potato w/Cheese Casserole Mixed Greens Beets Pears Dinner Roll	3). Café Connection Vegetable Quiche Sausage Patty Tater Tots Fruit	4). CLOSED INDEPENDENCE DAY HOLIDAY	5). CLOSED INDEPENDENCE DAY HOLIDAY
8). Chicken Philly w/peppers, onions, cheese Potato Wedges Broccoli Oatmeal Cookie Bun	9). Spaghetti & Meatsauce Italian Mix Vegetables Apple Crisp Texas Toast	10). Café Connection Spaghetti w/Meat Sauce Salad Garlic Toast	11). Tuna Salad Lettuce Pasta Salad Banana Pudding Bread (2)	12). Baked Ziti Cauliflower Beets Peaches Dinner Roll *Salad
15). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	16). Teriyaki Chicken Asian Veg. Mix Lima Beans Fruited Yogurt Dinner Roll	17). Café Connection (National Hot Dog Day) Chili Dog Steak Fries Salad	18). Turkey Breast Lettuce & Tomato Green Pea Salad Mandarin Oranges Mayo & Mustard Bread (2)	19). Stuffed Pepper Casserole Corn Spinach Peaches Dinner Roll *Lemonade
22). Breaded Chicken Patty Scalloped Potatoes Green Beans Pears Fudge Cookie Dinner Roll	23). Pizza Casserole Cauliflower Applesauce Dinner Roll	24). Café Connection Biscuit and Sausage Gravy Scrambled Eggs Tomato Slice	25). Chicken Salad Lettuce & Tomato Broccoli Salad Tropical Fruit Mayo & Mustard Bread (2)	26). FTHRA Closed for 50th Celebration Day NO MEALS SERVED
29). Country Style Steak Mashed Potatoes Mixed Vegetables Mandarin Oranges Dinner Roll	30). Chicken Tetrizzini Mixed Greens Baked Apples Graham Crackers Dinner Roll	31). Café Connection Ham & Swiss Sandwich Macaroni Salad Fruit		

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.