



**MEALS on WHEELS**  
NORTHEAST TENNESSEE



## FTHRA Nutrition Program

### April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01) <b>Center Closed to Public for Veterans Café at 11am</b>	02) Sliced Ham Sweet Potatoes Green Beans Banana Pudding Dinner Roll	03) <b>Center Closed for Good Friday</b>
06) <b>Center Closed for Easter Monday</b>	07) Egg Sausage/Gravy Grits Orange Juice Biscuit	08) Breaded Fish w/tartar sauce Sweet Potatoes Mixed Greens Fruited Yogurt Dinner Roll	09) Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jello Cornbread	10) Chicken Parmesan w/pasta Green Beans Com Pears Dinner Roll
13) Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Mandarin Oranges Dinner Roll	14) Beef Goulash Brussel Sprouts Carrots Mandarin Oranges Dinner Roll	15) Chicken w/gravy & rice Winter Mix Vegetables Com Oatmeal Creme Cookie Dinner Roll	16) Chili Dog Potato Wedges Baked Beans Coleslaw WWBun	17) Minestrone Soup Scalloped Potatoes Apple Crisp Cornbread
20) Meatball Sub w/mozz. Cheese Com Beets Pears WW Bun	21) Oven Fried Chicken Patty Sweet Potatoes Green Beans Chocolate Fudge Cookie Dinner Roll	22) Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Rolls	23) Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jello Cornbread	24) Chicken Spaghetti Italian Mix Vegetables Lima Beans Peaches Dinner Roll
27) BBQ Pork Riblet Potato Wedges Broccoli Fruit Cocktail WW Bun	28) <b>Center Closed for Mandatory AAAD CONFERENCE</b>	29) Country Style Steak Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	30) Chicken Philly Au Gratin Potatoes Peas & Carrots Graham Crackers Tropical Fruit WWBun	

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.

*Lunch suggested \$1.00 donation while supplies last*