



FTHRA Nutrition Program



December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2). Breaded Chicken Tenders Macaroni & Cheese Mixed Vegetables Pineapple Tidbits Dinner Roll	3). Pizza Casserole Cauliflower Baked Apples Graham Crackers Dinner Roll	4). CLOSED Vets' Café Christmas Party 11am	5). Breaded Fish w/tartar sauce Sweet Potatoes Mixed Greens Mandarin Oranges Cornbread	6). Chicken Pot Pie Brussel Sprouts Peach Crisp Biscuit
9). Country Style Steak/Gravy Mashed Potatoes Brussel Sprouts Fudge Cookie Dinner Roll	10). Chicken & Rice w/gravy Winter Mix Vegetables Beets Fruited Yogurt WW Roll	11). Egg Sausage Breakfast Potatoes Orange Juice Biscuit & Gravy	12). Turkey Kielbasa & cabbage Stewed Potatoes Carrots Ambrosia Cornbread	13). Chicken Philly w/peppers & onions Mozzarella cheese Potato Wedges Broccoli Graham Crackers Bun
16). Oven Fried Chicken Breast Au Gratin Potatoes Spinach Fruit Cocktail Dinner Roll	17). Stuffed Pepper Soup Brussel Sprouts Applesauce Crackers (4)	18). Meatloaf Mashed Potatoes Green Peas Pears Dinner Roll	19). Soup Beans Mixed Greens Oven Browned Potatoes Chocolate Pudding Cornbread	20). Ham w/all the fixings! Christmas Party 11am-1pm
23). *CLOSED <i>Meals delivered to homebound.</i>	24). CLOSED Christmas Eve	25). CLOSED Christmas Day	26). *CLOSED <i>Meals delivered to homebound.</i>	27). *CLOSED <i>Meals delivered to homebound.</i>
30). *CLOSED <i>Meals delivered to homebound.</i>	31). CLOSED New Year's Eve	Due to County holiday closings and staff's staggered scheduling/vacations, the Senior Center will be CLOSED to the public December 23 – January 3. If you need anything during that time, please reach out to us at (423)727-8883. We'll see you in the New Year 2025! *Meal routes to the homebound seniors will continue through the holidays.		

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 is served at 11:30am for a \$1 donation while supplies last.**