



FTHRA Nutrition Program



February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Country Style Steak Mashed Potatoes Mix Vegetables Fruit Cocktail Dinner Roll	4. Chili Dog Potato Wedges Baked Beans Coleslaw Bun	5. CLOSED Veterans' Cafe	6. Soup Beans Oven Browned Potatoes Turnip Greens Oatmeal Crème Cookie Cornbread	7. Breaded Fish w/tartar sauce Sweet Potatoes Corn Chocolate Pudding Bun
10. Breaded Chicken Tenders Macaroni & Cheese Winter Mix Vegetables Mandarin Oranges Dinner Roll	11. BBQ Riblet Au Gratin Potatoes Carrots Fruited Yogurt Bun	12. Egg Patty Sausage/gravy Oven Browned Potatoes Orange Biscuit	13. Chunky Chicken Vegetable Soup Broccoli Peach Crisp Crackers (4)	14. Ham Vegetable Casserole Roasted Potatoes Dinner Roll Fruit Salad Valentine's Day Banquet! Dessert Drink \$10
17. President's Day Holiday CLOSED	18. Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	19. Chicken Parmesan w/pasta & marinara sauce Cauliflower Carrots Pineapple Dinner Roll	20. Beefy Vegetable Soup Boiled Potatoes Applesauce Cornbread	21. Chicken Philly/w peppers & onions and cheese Sweet Potatoes Green Beans Fruited Jell-O Bun
24. Oven Fried Chicken Patty Au Gratin Potatoes Spinach Pineapple Tidbits Dinner Roll	25. Spaghetti & meatsauce Italian Mix Vegetables Brussel Sprouts Mandarin Oranges Texas Toast	26. Chicken Breast Rice w/gravy Okra & Tomatoes Pears Graham Crackers Dinner Roll	27. Chili Cornbread Baked potatoes w/the works Crackers Dessert Senior Center Chili Fundraiser! All-you-can-eat CHILI! \$10	28. Shepherd Pie Mixed Greens Apple Crisp Dinner Roll

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.**