



FTHRA Nutrition Program



January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1). CLOSED New Year's Day	2). CLOSED <i>*Meals delivered to homebound</i>	3). CLOSED <i>*Meals delivered to homebound</i>
6). Chili Dog Potato Wedges Baked Beans Tropical Fruit Bun	7). Oven Fried Chicken Au Gratin Potatoes Mix Vegetables Fruited Yogurt Dinner Roll	8). CLOSED Veterans' Café 11am	9). Stuffed Pepper Soup Corn Beets Fudge Cookie Dinner Roll	10). BBQ Chicken Breast Macaroni & Cheese Peas & Carrots Fruited Jell-O Dinner Roll
13). Chicken Fried Steak Mashed Potatoes Broccoli Fruit Cocktail Dinner Roll	14). Spaghetti & Meatsauce Italian Mix Vegetables Baked Apples Texas Toast	15). Teriyaki Chicken & Rice Stir fry vegetables Peach Crisp Dinner Roll	16). Potato Soup w/cheese Broccoli Carrots Fruit Fluff Cornbread	17). Sloppy Joe Potato Wedges Corn Oatmeal Crème Cookie Bun
20). CLOSED Martin Luther King Jr. Day	21). Meatloaf Mashed Potatoes Green Peas Pineapple Dinner Roll	22). BBQ Riblet Au Grain Potatoes Mix Vegetables Mandarin Oranges Bun	23). Soup Beans Oven Browned Potatoes Turnip Greens Applesauce Cornbread	24). Chicken Tortilla Soup Sweet Potatoes Cauliflower Chocolate Pudding Crackers (4)
27). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pears Dinner Roll	28). Cheeseburger & Potato Casserole Brussel Sprouts Corn Tropical Fruit Dinner Roll	29). Breaded Fish w/tartar sauce Macaroni & Tomatoes Green Beans Pineapple Bun	30). Minestrone Soup Mixed Greens Baked Apples Graham Crackers Cornbread	31). Chicken Pot Pie Beets Peach Crisp Biscuit

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.