



# FTHRA Nutrition Program



## March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1). Sloppy Joe Sweet Potatoes Broccoli Chocolate Pudding Graham Cracker Bun
4). Salisbury Steak w/gravy Mashed Potatoes Lima Beans Pineapple Tidbits Dinner Roll	5). Pizza Casserole Cauliflower Carrots Rice Krispy Treat Dinner Roll	6).  <b>CLOSED</b>  Vet Café	7). Egg Patty/Sausage Patty Breakfast Potatoes Gravy Orange Juice Biscuit	8). Breaded Fish w/tartar sauce Macaroni & Tomatoes Green Beans Tropical Fruit Dinner Roll
11). Oven Fried Chicken Macaroni & Cheese Green Beans Peaches Dinner Roll	12). Chili Dog Potato Wedges Baked Beans Fruited Yogurt Bun	13). Shepherd Pie Mixed Greens Applesauce Dinner Roll	14). Soup Beans Oven Browned Potatoes Brussel Sprouts Oatmeal Crème Cookie Cornbread	15). Turkey Kielbasa & Cabbage Boiled Potatoes Carrots Fudge Cookie Cornbread <b>St. Patrick's Day Party!</b>
18). Chicken Fried Steak/Gravy Mashed Potatoes Mixed Vegetables Pears Dinner Roll	19). Spaghetti & Meatsauce Italian Blend Veg. Baked Apples Texas Toast	20). Chicken & Rice w/Gravy Mixed Greens Peach Crisp Dinner Roll	21). Beefy Goulash Winter Blend Veg. Beets Fudge Cookie Dinner Roll	22). BBQ Chicken Sandwich Potato Wedges Corn Mandarin Oranges Bun
25). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pineapple Dinner Roll	26). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	27). Chicken Taco Soup Oven Browned Potatoes Baked Apples Cornbread	28). Sliced Ham <b>Easter Party!</b> Sweet Potatoes Green Beans Ambrosia Graham Cracker Dinner Roll	29).  <b>CLOSED</b>  Good Friday

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 for a \$1 donation at 11:30am while supplies lasts.**

**The Senior Center will be closed March 29<sup>th</sup> – April 1<sup>st</sup> for Easter.**