FTHRA Nutrition Program

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2). Grilled Chicken Breast/Gravy Macaroni & Cheese Mixed Vegetables Mandarin Oranges WW Roll	3). **FACILITY CLOSED** **ELECTION DAY**	4). **FACILITY CLOSED** **VETERAN'S CAFÉ** **THANKSGIVING AT THE SENIOR CENTER 11AM**	5). Chunky Chicken Vegetable Soup Brussel Sprouts Baked Apples Graham Crackers Saltine Crackers (4)	6). BBQ Riblet Au Gratin Potatoes Corn Fruited Yogurt WW Bun
9). Chicken Fried Steak Mashed Potatoes Green Beans Peaches WW Roll	10). Chili Dog Potato Wedges Baked Beans Fruited Jello WW Bun	11). **FACILITY CLOSED** **Veteran's Day Holiday** **No Meals Served**	12). Soup Beans Oven Browned Potatoes Turnip Greens Applesauce Cornbread	13). Chicken Spaghetti Normandy Mix Vegetables Beets Fruit Cocktail WW Roll
16). Salisbury Steak Rice Okra & Tomatoes Mandarin Oranges WW Roll	17). Spaghetti & Meatsauce Italian Mix Vegetables Peach Crisp Texas Toast	18). Chicken Pot Pie Brussel Sprouts Baked Apples Oatmeal Crème Cookie Biscuit	19). Breaded Fish w/tartar sauce Great Norther Beans Mixed Greens Fudge Cookie Cornbread	20) Beefy Cabbage Soup Oven Browned Potatoes Corn Creamsicle Salad Saltine Crackers (4)
23). Oven Fried Chicken Scalloped Potatoes Mixed Vegetables Tropical Fruit WW Roll	24). Meatballs w/marinara & cheese Broccoli Succotash Fruited Yogurt WW Bun	25). **FACILITY CLOSED** **THANKSGIVING BREAK**	26). **THANKSGIVING** **Danny Herman Trucking** **Drive Thru Meal Outreach** **11am-12:30pm** **Must call DHT to reserve** **(423)727-9061**	27). **FACILITY CLOSED** **THANKSGIVING BREAK**
30). Chicken Philly w/peppers & onions Au Gratin Potatoes Winter Mix Vegetables Chocolate Pudding WW Bun				

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.