



FTHRA Nutrition Program



April, 2025

The Wednesday, **Café Connection**, and the Friday, ***Special Additions**, are prepared by the Jonesborough Senior Center Staff

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1). Beef Goulash Brussel Sprouts Carrots Mandarin Oranges Dinner Roll	2). Café Connection Dave's Mystery Meal	3). Chicken Parmesan w/pasta Green Beans Corn Pears Dinner Roll	4). Minestrone Soup Scalloped Potatoes Apple Crisp Cornbread *Garden Salad
7). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pineapple Tidbits Dinner Roll	8). Chili Dog Potato Wedges Baked Beans Coleslaw WW Bun	9). Café Connection Apple French Toast Casserole Sausage Links Salad Greens	10). Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jell-O Cornbread	11). Chicken Philly Au Gratin Potatoes Peas & Carrots Graham Crackers Tropical Fruit WW Bun *Flavored Tea
14). Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Mandarin Oranges Dinner Roll	15). Spaghetti & Meatsauce Italian Mix Vegetables Baked Apples Graham Crackers Texas Toast	16). Café Connection Taco Casserole Seasoned Corn Yogurt & Fruit Parfait	17). Sliced Ham Sweet Potatoes Green Beans Banana Pudding Dinner Roll	18). GOOD FRIDAY HOLIDAY NO MEALS SERVED
21). Oven Fried Chicken Patty Sweet Potatoes Green Beans Chocolate Fudge Cookie Dinner Roll	22). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	23). NO MEALS SERVED DUE TO SPRING EXPO / HEALTH FAIR	24). Chicken Spaghetti Italian Mix Vegetables Lima Beans Peaches Dinner Roll	25). BBQ Pork Riblet Potato Wedges Broccoli Fruit Cocktail WW Bun *Cobbler
28). Country Style Steak/Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	29). FTAAD CONFERENCE NO MEALS SERVED	30). Café Connection Vegetable Beef Barley Soup Toasted Cheese Sandwich Fruit		

One 2% milk is included with each meal. All servings are 1/2 cup. All entrees are 3 oz. servings or one portion.

****Menu may change due to weather and availability. **CALL THE NUTRITION COORDINATOR,
AT 423-753-1080 TO SIGN UP FOR LUNCH 72 BUSINESS HOURS IN ADVANCE.**