



# FTHRA Nutrition Program



## April, 2026

Wednesday's, **Café Connection** as well as Friday's, **\*Special Additions** are prepared by the Jonesborough Senior Center Staff

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Monday</b> <b>Tuesday</b> <b>Thursday</b> <b>Friday</b> <i>Meals are requested donation of \$3</i>		<b>1). Café Connection</b> <i>Meals are \$5</i>  April Fool's Day Mystery Meal (?)	<b>2).</b> Sliced Ham Sweet Potatoes Green Beans Banana Pudding Dinner Roll	<b>3).</b>  <b>GOOD FRIDAY HOLIDAY</b> <b>NO MEALS SERVED</b>
<b>6).</b> Breaded Chicken Tenders Macaroni & Cheese Broccoli Pineapple Tidbits Dinner Roll	<b>7).</b> Egg Sausage/Gravy Grits Orange Juice Biscuit	<b>8). Café Connection</b> <i>Meals are \$5</i> <b>Biscuits &amp; Gravy Casserole</b> <b>Tomato Alice</b> <b>Fruit</b>	<b>9).</b> Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jell-O Cornbread	<b>10).</b> Chicken Parmesan w/pasta Green Beans Corn Pears Dinner Roll <b>*Tea</b>
<b>13).</b> Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Mandarin Oranges Dinner Roll	<b>14).</b> Beef Goulash Brussel Sprouts Carrots Mandarin Oranges Dinner Roll	<b>15). Café Connection</b> <i>Meals are \$5</i> <b>Taco Casserole</b> <b>Green Salad</b> <b>Fruit &amp; Yogurt Parfait</b>	<b>16).</b> Chili Dog Potato Tots Baked Beans Coleslaw WW Bun	<b>17).</b> Minestrone Soup Scalloped Potatoes Apple Crisp Cornbread <b>* Garlic Bread</b>
<b>20).</b> Meatball Sub w/mozz. Cheese Corn Beets Pears WW Bun	<b>21).</b> Oven Fried Chicken Patty Sweet Potatoes Green Beans Chocolate Fudge Cookie Dinner Roll	<b>22).</b> <b>NO MEALS SERVED</b> <b>Spring Expo/Health Fair</b> <b>9AM-12PM</b>	<b>23).</b> Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jell-O Cornbread	<b>24).</b> Chicken Spaghetti Italian Mix Vegetables Lima Beans Peaches Dinner Roll <b>*Salad</b>
<b>27).</b> BBQ Pork Riblet Potato Wedges Broccoli Fruit Cocktail WW Bun	<b>28).</b>  <b>AAAD CONFERENCE</b> <b>NO MEALS SERVED</b>	<b>29). Café Connection</b> <i>Meals are \$5</i> <b>Baked Potato with the</b> <b>"Works"</b> <b>Spring Greens</b> <b>Fruit</b>	<b>30).</b> Chicken Philly Au Gratin Potatoes Peas & Carrots Graham Crackers Tropical Fruit 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. CALL THE NUTRITION COORDINATOR, AT 423-753-1080 TO SIGN UP FOR LUNCH 72 BUSINESS HOURS IN ADVANCE**