



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
		1). Café Connection April Fool's Day Mystery Meal (?)	2). Sliced Ham Sweet Potatoes Green Beans Banana Pudding Dinner Roll	3). GOOD FRIDAY HOLIDAY NO MEALS SERVED
6). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pineapple Tidbits Dinner Roll	7). Chili Dog Potato Wedges Baked Beans Coleslaw WW Bun	8). Café Connection Biscuits & Gravy Casserole Tomato Alice Fruit	9). Soup Beans Oven Browned Potatoes Mixed Greens Fruited Jell-O Cornbread	10). Chicken Philly & WW Bun Au Gratin Potatoes Peas & Carrots Graham Crackers Tropical Fruit *Tea
13). Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Mandarin Oranges Dinner Roll	14). Beef Goulash Brussel Sprouts Carrots Mandarin Oranges Dinner Roll	15). Café Connection Taco Casserole Green Salad Fruit & Yogurt Parfait	16). Country Style Steak/gravy Boiled Potatoes Broccoli Fruited Yogurt Dinner Roll	17). Chicken Parmesan w/pasta Green Beans Corn Pears Dinner Roll * Garlic Bread
20). Oven Fried Chicken Patty Sweet Potatoes Green Beans Chocolate Fudge Cookie Dinner Roll	21). Meatloaf Mashed Potatoes Green Peas Tropical Fruit Dinner Roll	22). NO MEALS SERVED Spring Expo/Health Fair 9AM-12PM	23). Chicken Spaghetti Italian Mix Vegetables Lima Beans Peaches Dinner Roll	24). BBQ Pork Riblet & WW Bun Potato Wedges Broccoli Fruit Cocktail *Salad
27). Chicken Breast w/Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	28). AAAD CONFERENCE NO MEALS SERVED	29). Café Connection Baked Potato with the "Works" Spring Greens Fruit	30). Chicken Philly & WW Bun Au Gratin Potatoes Peas & Carrots Graham Crackers Tropical Fruit	

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.