



## FTHRA Nutrition Program



**August, 2025**

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). Chili Mac Casserole California Mix Vegetables Corn Mandarin Oranges Dinner Roll <b>*Tea</b>
4). Chicken Philly w/peppers & onions Sweet Potatoes Succotash Graham Crackers WW Bun	5). Egg Patty Sausage/gravy Oven Browned Potatoes Orange Juice Biscuit	<b>6). Café Connection</b> Scrambled Eggs Sausage Links Tomato Slices Coffee Cake	7). Ham Lettuce & Tomato Macaroni Salad Fruited Jell-O WW Bread (2)	8). Chicken Parmesan w/pasta California Mix Vegetables Peach Crisp Dinner Roll <b>*Garlic Bread</b>
11). Breaded Chicken Tenders Macaroni & Cheese Green Beans Fudge Cookie Dinner Roll	12). Spaghetti & Meatsauce Italian Style Vegetables Applesauce Texas Toast	<b>13). Café Connection</b> Chef Salad (w/ Ham & Turkey & Cheese) Roll & Butter Fruit	14). Turkey Breast Lettuce & Tomato Broccoli Salad Vanilla Pudding WW Bread (2)	15).  <b>NO MEALS SERVED FTHRA STAFF TRAINING</b>
18). Salisbury Steak Mashed Potatoes Brussel Sprouts Peaches Dinner Roll	19). Chili Dog Potato Wedges Baked Beans Pears WW Bun	<b>20). Café Connection</b> Chili Cheese Dogs Tater Tots Salad	21). Chicken Salad Lettuce & Tomato Green Pea Salad Tropical Fruit WW Bread (2)	22). Pizza Casserole Cauliflower Beets Mandarin Oranges Dinner Roll <b>*Caprese Salad</b>
25). Oven Fried Chicken Sweet Potatoes Peas & Carrots Pineapple Dinner Roll	26). Baked Ziti Italian Style Vegetables Baked Apples Graham Crackers Texas Toast	<b>27). Café Connection</b> Ham & Cheese Rollups Italian Pasta Salad Fruit	28). Tuna Salad Lettuce & Tomato Marinated Cucumber Salad Fruited Jell-O Saltine Crackers (4)	29).  <b>NO MEALS SERVED CENTER CLOSSES AT 12PM THIS DAY</b>

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.**