



FTHRA Nutrition Program



August 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
3). Meatloaf Mashed Potatoes Green Peas Fruit Cocktail WW Roll	4). Chicken Parmesan w/pasta California Mix Vegetables Peach Crisp WW Roll	5). Café Connection Meals are \$5 Ham & Cheese Roll-Up Cucumber Salad Peaches	6). Sliced Ham Lettuce & Tomato Macaroni Salad Fruited Jello WW Bread (2)	7). Chicken Philly w/peppers & onions Sweet Potatoes Succotash Graham Crackers WW Bun *Apple Pie
10). Spaghetti & Meatsauce Italian Style Vegetables Applesauce Texas Toast	11). Breaded Chicken Tenders Macaroni & Cheese Green Beans Fudge Cookie WW Roll	12). Café Connection Meals are \$5 Sausage Has Brown Casserole Salad Greens Fried Apples	13). BBQ Pork Riblet Oven Brown Potatoes Carrots Graham Crackers WW Bun	14). Senior Center will provide lunch this day
17). Salisbury Steak Mashed Potatoes Brussel Sprouts Peaches WW Roll	18). Turkey Breast Lettuce & Tomato Broccoli Salad Creamsicle Salad WW Bread (2)	19). Café Connection Meals are \$5 Ham Slice Green Bean Casserole Fruit	20). Chicken Salad Lettuce & Tomato Green Pea Salad Tropical Fruit WW Bread (2)	21). Pizza Casserole Cauliflower Beets Mandarin Oranges WW Roll *Fruit Tea
24). Oven Fried Chicken Sweet Potatoes Peas & Carrots Pineapple WW Roll	25). Meatballs w/gravy & rice Okra & Tomatoes Lima Beans Mandarin Oranges WW Roll	26). Café Connection Meals are \$5 Pizza Pasta Salad Roll	27). Tuna Salad Lettuce & Tomato Marinated Cucumber Salad Fruited Jello Saltine Crackers (4)	28). Garlic Chicken with pasta Brussel Sprouts Carrots Chocolate Pudding WW Roll *Garlic Toast
31). Chili Dog Potato Wedges Baked Beans Pears WW Bun				Monday Tuesday Thursday Friday Meals are requested donation of \$3

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.**