



FTHRA Nutrition Program



December 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). Egg Patty Sausage/gravy Oven Browned Potatoes Orange Juice Biscuit	2). Chicken w/rice & gravy Normandy Mix Vegetables Beets Fruited Yogurt Dinner Roll	3). Café Connection David's Mystery Meal	4). Turkey Kielbasa & Cabbage Stewed Potatoes Peas & Carrots Ambrosia Cornbread	5). Chicken Philly w/ peppers, onions & mozzarella cheese WW Bun Sweet Potatoes Broccoli Oatmeal Crème Cookie *Tea
8). Pizza Casserole Cauliflower Baked Apples Graham Crackers Dinner Roll	9). Breaded Chicken Tenders Macaroni & Cheese Mixed Vegetables Tropical Fruit Dinner Roll	10). Café Connection Mary's Meatball Pasta Stew Salad Dinner Roll with Butter	11). White Chicken Chili Beets Spinach Butterscotch Pudding Saltine Crackers (4)	12). Breaded Fish w/tartar sauce Macaroni & Tomatoes Green Beans Mandarin Oranges Cornbread *Pie
15). Chicken Fried Steak/Gravy Au Gratin Potatoes Mixed Greens Fruit Cocktail Dinner Roll	16). Shepherd Pie Brussel Sprouts Applesauce Graham Crackers Dinner Roll	17). Café Connection Breakfast Burrito Tater Tots Fruit & Yogurt Parfait	18). Soup Beans Oven Browned Potatoes Mixed Greens Creamsicle Salad Cornbread	19). No Meals Served
22). Oven Fried Chicken Macaroni & Cheese California Mix Vegetables Peaches Dinner Roll	23). Sliced Ham Sweet Potatoes Green Beans Ambrosia Dinner Roll	24). Christmas Eve No Meals Served	25). Christmas Day No Meals Served	26). Center is Closed No Meals Served
29). Grilled BBQ Chicken Au Gratin Potatoes Peas & Carrots Pineapple Tidbits Dinner Roll	30). Kielbasa w/peppers & onions Black-eye Peas Mixed Greens Diced Peaches Bun	31). Café Connection Biscuit Gravy Casserole Tater Tots 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.