



FTHRA Nutrition Program



January, 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). NEW YEAR'S DAY NO MEALS SERVED	2). Meatballs w/gravy Rice Beets Mandarin Oranges Dinner Roll *Salad
5). Oven Fried Chicken Au Gratin Potatoes Mixed Vegetables Fruited Yogurt Dinner Roll	6). BBQ Pork Riblet Baked Beans Corn Tropical Fruit WW Bun	7). Café Connection Chicken Broccoli Rice- Casserole w/ Cheese Roll & Butter Fruit	8). Soup Beans Oven Browned Potatoes Turnip Greens Applesauce Cornbread	9). Chicken Philly w/peppers & onions Sweet Potatoes Cauliflower Chocolate Pudding WW Bun *Fruit Tea
12). Salisbury Steak w/gravy Mashed Potatoes Broccoli Fruit Cocktail Dinner Roll	13). Grilled Chicken Breast Macaroni & Tomatoes Peas & Carrots Pineapple Dinner Roll	14). Café Connection Vegetable Quiche Tater Tots Sausage Links	15). Chunky Chicken Vegetable Mixed Greens Baked Apples Graham Crackers Cornbread	16). Breaded Fish w/tartar sauce Macaroni & Cheese Green Beans Fruited Jell-O WW Bun *Hush Puppies
19). Martin Luther King Holiday No Meals Served	20). Spaghetti & Meat Sauce Italian Mix Vegetables Brussel Sprouts Pears Texas Toast	21). Café Connection Spaghetti w/ Meat Sauce Garlic Bread Salad	22), Potato & Ham Soup w/cheese Broccoli Carrots Fruit Fluff Cornbread	23). Sloppy Joe Potato Wedges Corn Oatmeal Cookie WW Bun *Coleslaw
26). Breaded Chicken Tenders Macaroni & Cheese Green Beans Fruit Cocktail Dinner Roll	27). Cheeseburger/Potato Soup Winter Mix Vegetables Green Peas Tropical Fruit Dinner Roll	28). Café Connection Apple French Toast Casserole Bacon Fruit	29). Stuffed Pepper Soup Au Gratin Potatoes Cauliflower Fudge Cookie Cornbread	30). Chicken Pot Pie Beets Apple Crisp Biscuit *Salad

One 2% milk is included with each meal. All servings are 1/2 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.