



FTHRA Nutrition Program



July, 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). Meatloaf Mashed Potatoes Green Peas Mandarin Oranges Dinner Roll	2). Café Connection Cheeseburger French Fries Baked Beans Watermelon	3). Chili Dog/Onion Potato Wedges Baked Beans Pears Bun	4). 4th of July Holiday No meals Served
7). Chicken Fried Steak Mashed Potatoes Mix Vegetables Sliced Peaches Dinner Roll	8). Breaded Fish w/tartar sauce Macaroni & Tomatoes Mixed Greens Fudge Cookie Dinner Roll	9). Café Connection Pancake Casserole Bacon Mixed Berries	10). Turkey Breast Lettuce & Tomato Pasta Salad Fruit Fluff Bread (2)	11). Cheeseburger Casserole Winter Mix Vegetables Beets Applesauce Dinner Roll *Garden Salad
14). Breaded Chicken Tenders Au Gratin Potatoes Green Beans Pineapple Dinner Roll	15). Spaghetti & Meatsauce Italian Style Vegetables Apple Crisp Texas Toast	16). Café Connection Supreme Pizza Pasta Roll & Butter Spring Greens	17). Chicken Salad Lettuce & Tomato Green Pea Salad Tropical Fruit Bread (2)	18). BBQ Pork Riblet w/Bun Potato Wedges Carrots Oatmeal Crème Cookie *Cole Slaw
21). Country Style Steak/Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges Dinner Roll	22). Creamy Garlic Chicken Mixed Vegetables Peach Crisp Dinner Roll	23). Café Connection Sausage Hashbrown Casserole Cucumber Salad Fruit	24). Ham Lettuce & Tomato Potato Salad Ambrosia Bread (2)	25). Shepherd Pie Brussel Sprouts Beets Oatmeal Cookie Dinner Roll *Garlic Bread
28). Oven Fried Chicken Macaroni & Cheese Broccoli Graham Cracker Dinner Roll	29). Pizza Casserole Cauliflower Baked Apples Dinner Roll	30). Café Connection Taco Casserole Corn Muffin & Butter Fruit	31). Tuna Salad Lettuce & Tomato Broccoli Salad Fruited Jell-O Bread (2)	

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.