



FTHRA Nutrition Program



July 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
Monday Tuesday Thursday Friday Meals are requested donation of \$3		1). NO MEAL served in Senior Center Dining Room: 250th Celebration Picnic at Lincoln Park Bring your own lunch Dessert and Drinks provided by Senior Center	2). Chili Dog Potato Tots Baked Beans Pears WW Bun	3). 4th of July HOLIDAY No Meals Served
6). Chicken Fried Steak Mashed Potatoes Mix Vegetables Sliced Peaches WW Roll	7). BBQ Pork Riblet Potato Wedges Carrots Oatmeal Crème Cookie WW Bun	8). Café Connection Meals are \$5 Cheeseburger Baked Beans Fruit	9). Turkey Breast Lettuce & Tomato Pasta Salad Fruit Fluff WW Bread (2)	10). Cheeseburger Casserole w/ WW Roll Mixed Vegetable Beets Applesauce *Dessert
13). Breaded Chicken Tenders Potato Tots Green Beans Pineapple WW Roll	14). Spaghetti & Meatsauce Italian Style Vegetables Apple Crisp Texas Toast	15). Café Connection Meals are \$5 Turkey & Swiss Sandwich Italian Pasta Salad Fruit	16). Chicken Salad Lettuce & Tomato Green Pea Salad Tropical Fruit WW Bread (2)	17). Chili Mac Casserole w/ WW Roll California Mix Vegetables Corn Pears *Tea
20). Country Style Steak Mashed Potatoes Peas & Carrots Mandarin Oranges WW Roll	21). Creamy Garlic Chicken Mixed Vegetables Peach Crisp WW Roll	22). Café Connection Meals are \$5 Taco Casserole Salad Fruit	23). Sliced Ham Lettuce & Tomato Potato Salad Ambrosia WW Bread (2)	24). Shepherd Pie w/ WW Roll Brussel Sprouts Beets Oatmeal Cookie *Fresh Fruit
27). Oven Fried Chicken Macaroni & Cheese Broccoli Graham Cracker WW Roll	28). Pizza Casserole Cauliflower Baked Apples WW Roll	29). Café Connection Meals are \$5 Brat & Kraut Sandwich Macaroni Salad Fruit	30). Tuna Salad Lettuce & Tomato Broccoli Salad Fruited Jello WW Bread (2)	31). Breaded Fish w/tartar sauce w/ WW Roll Macaroni & Tomatoes Mixed Greens Fudge Cookie *Cole Slaw

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.



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