



FTHRA Nutrition Program



June, 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
2). Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Pears Graham Crackers WW Roll	3). Grilled Chicken Breast Au Gratin Potatoes Broccoli Oatmeal Crème Cookie WW Roll	4). Café Connection Smoked Chicken Mystery Sides (Guest Chefs Chris & Michelle)	5). Ham Lettuce & Tomato Potato Salad Ambrosia WW Bread (2)	6). Breaded Fish w/tartar sauce Macaroni & Tomatoes Peas & Carrots Fruited Yogurt WW Roll *Strawberry Lemonade
9). Chicken w/rice & gravy Sweet Potatoes Green Beans Chocolate Pudding WW Roll	10). Spaghetti & Meatsauce Italian Mix Vegetables Beets Applesauce Texas Toast	11). Café Connection Apple French Toast Casserole Sausage Patty Salad Greens	12). Chicken Salad Lettuce & Tomato Pasta Salad Fruited Jell-O WW Bread (2)	13). BBQ Pork Riblet Sandwich Scalloped Potatoes Corn Fruit Cocktail WW Bun *Coleslaw
16). Breaded Chicken Tenders Macaroni & Cheese Winter Mix Vegetables Peaches WW Roll	17). Meatloaf Mashed Potatoes Green Peas Pineapple Tidbits WW Roll	18). Café Connection Sloppy Joes Tater Tots Seasoned Veggies	19). JUNETEENTH HOLIDAY NO MEALS SERVED	20). Garlic Chicken Pasta Spinach Peach Crisp WW Roll *French Bread
23). Country Style Steak Mashed Potatoes Green Beans Pineapple WW Roll	24). Chili Dog Potato Wedges Baked Beans Coleslaw WW Bun	25). Café Connection Spinach Quiche Ham Fruit	26). Turkey Breast Lettuce & Tomatoes Green Pea Salad Mandarin Oranges WW Bread (2)	27). Shepherd Pie Mixed Greens Pear Crisp WW Roll *Salad
30). Chicken Spaghetti Brussel Sprouts Apple Crisp WW Roll				

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.**