



FTHRA Nutrition Program



June, 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). Stuffed Pepper Casserole Cauliflower Apple Cobbler Dinner Roll	2). Chili Dog Potato Wedges Baked Beans Coleslaw WW Bun	3). Café Connection Meals are \$5 Apple French Toast Casserole Sausage Links Fruit	4). Turkey Breast Lettuce & Tomatoes Green Pea Salad Mandarin Oranges WW Bread (2)	5). Shepherd Pie Mixed Greens Pear Crisp Dinner Roll *Salad
8). Chicken & Potato Casserole Broccoli Carrots Tropical Fruit Dinner Roll	9). Spaghetti & Meatsauce Italian Mix Vegetables Beets Applesauce Texas Toast	10). Café Connection Meals are \$5 Ground Beef Stroganoff Salad Fruit & Yogurt Parfait	11). Chicken Salad Lettuce & Tomato Pasta Salad Fruited Jello WW Bread (2)	12). BBQ Pork Riblet Sandwich Scalloped Potatoes Corn Fruit Cocktail WW Bun *Coleslaw
15). Breaded Chicken Tenders Macaroni & Cheese Winter Mix Vegetables Peaches Dinner Roll	16). Meatloaf Mashed Potatoes Green Peas Pineapple Tidbits Dinner Roll	17). Café Connection Meals are \$5 Teriyaki Chicken & Veggies with Rice Fruit Fortune Cookie	18). Hamburger Lettuce & Tomatoes Potato Wedges Corn Fruited Jello	19). JUNETEENTH HOLIDAY NO MEALS SERVED
22). Salisbury Steak w/gravy Mashed Potatoes Mix Vegetables Pears Graham Crackers Dinner Roll	23). Grilled Chicken Breast Au Gratin Potatoes Broccoli Oatmeal Crème Cookie Dinner Roll	24). Café Connection Meals are \$5 Biscuit & Gravy & Sausage Casserole Tater Tots Fruit	25). Ham Lettuce & Tomato Potato Salad Ambrosia WW Bread (2)	26). Breaded Fish w/tartar sauce Macaroni & Tomatoes Peas & Carrots Fruited Yogurt Dinner Roll *Fruit Tea
29). Chicken Spaghetti Brussel Sprouts Apple Crisp Dinner Roll	30). Hamburger Lettuce & Tomatoes Potato Wedges Corn Fruited Jello WW Bun			Monday Tuesday Thursday Friday Meals are requested donation of \$3

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.**