



FTHRA Nutrition Program

March, 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
02). Salisbury Steak Scalloped Potatoes Succotash Pineapple Tidbits Dinner Roll	03). Pizza Casserole Cauliflower Carrots Tropical Fruit Dinner Roll	04). Café Connection Bacon, Egg & Cheese English Muffin Tater Tots Fruit	05). Minestrone Soup Sweet Potatoes Brussel Sprouts Mandarin Oranges Graham Crackers Cornbread	06). Sloppy Joe Potato Wedges Corn Ambrosia WW Bun *Garden Salad
09). Oven Fried Chicken Patty Sweet Potatoes Mixed Vegetables Peaches Dinner Roll	10). Chili Mac Casserole Winter Mix Vegetables Baked Apples Graham Crackers Dinner Roll	11). Café Connection David's Potato Soup Hot Ham & Cheese Slider Salad	12). Chili Dog Potato Wedges Baked Beans Pears WW Bun	13). Breaded Fish w/tartar sauce Macaroni & Tomatoes Green Beans Fruited Jell-O Dinner Roll *Fruit Tea
16). Chicken Fried Steak Mashed Potatoes Mixed Vegetables Pineapple Dinner Roll	17). Beefy Cabbage Soup Boiled Potatoes Green Beans Fruited Yogurt Cornbread	18). Café Connection Sloppy Joes Tater Tots Green Vegetable	19). Soup Beans Oven Browned Potatoes Mixed Greens Fruit Fluff Cornbread	20). BBQ Chicken Breast Au Gratin Potatoes Broccoli Applesauce Graham Cracker Dinner Roll *Cobbler
23). Breaded Chicken Tenders Macaroni & Cheese Peas & Carrots Mandarin Oranges Dinner Roll	24). Spaghetti & Meatsauce Italian Mix Vegetables Peach Crisp Texas Toast	25). Café Connection Baked Pancake Sausage Links Fruit	26). Taco Soup Stewed Potatoes Pears Fudge Cookie Cornbread	27). BBQ Pork Riblet Potato Wedges Corn Fruit Cocktail WW Bun *Cheddar Biscuit
30). Shepherd Pie Lima Beans Applesauce Graham Cracker Dinner Roll	31). Oriental Chicken & Rice Mixed Greens Beets Tropical Fruit Dinner 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.**