



# FTHRA Nutrition Program



## May 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
<b>Monday</b> <b>Tuesday</b> <b>Thursday</b> <b>Friday</b> <i>Meals are requested donation of \$3</i>				<b>1).</b> Grilled Chicken Breast w Bun Lettuce & Tomato Potato Wedges Corn Oatmeal Crème Cookie <b>*Tea</b>
<b>4).</b> Spaghetti & Meatsauce Italian Vegetables Baked Apples Texas Toast	<b>5).</b> Oriental Chicken & Rice Stir fry Vegetables Lima Beans Chocolate Fudge Cookie Dinner Roll	<b>6). Café Connection</b> <i>Meals are \$5</i> Spaghetti with Meat Sauce Salad Bread Sticks	<b>7).</b> Chili Mac Casserole Brussel Sprouts Carrots Pears Dinner Roll	<b>8).</b> Chicken Pot Pie Broccoli Peach Crisp Biscuit <b>*Salad</b>
<b>11).</b> Breaded Chicken Patty Scalloped Potatoes Green Beans Fruit Cocktail Dinner Roll	<b>12).</b> Pizza Casserole Cauliflower Applesauce Dinner Roll	<b>13). Café Connection</b> <i>Meals are \$5</i> Chicken Broccoli and Rice Casserole Tomato Slice Roll & Butter	<b>14).</b> Turkey Breast Mayo & Mustard Lettuce & Tomato Macaroni Salad Fruited Jell-O Bread (2)	<b>15).</b> BBQ Pork Riblet Sweet Potatoes Mixed Greens Fruited Yogurt Bun <b>*Coleslaw</b>
<b>18).</b> Meatballs w/gravy Butter Noodles Mixed Vegetables Peaches Dinner Roll	<b>19).</b> Breaded Chicken Tenders Macaroni & Cheese Green Beans Fruit Fluff Dinner Roll	<b>20). Café Connection</b> <i>Meals are \$5</i> Cheesy Sausage Hashbrown Casserole Baked Apples Breakfast Bread	<b>21).</b> Tuna Salad Lettuce & Tomato Marinated Cucumber Salad Tropical Fruit Bread (2)	<b>22).</b> <b>NO MEALS SERVED</b> <b>Center Closes at 11am</b>
<b>25).</b> <b>MEMORIAL DAY</b> <b>NO MEALS SERVED</b>	<b>26).</b> Meatloaf Mashed Potatoes Green Peas Mandarin Oranges Dinner Boll	<b>27). Café Connection</b> <i>Meals are \$5</i> Chili Dog Tater Tots Fruit	<b>28).</b> Sliced Ham Mayo & Mustard Lettuce & Tomato Potato Salad Fruit Cocktail Bread (2)	<b>29).</b> BBQ Chicken Breast Broccoli Beets Pears Dinner Roll <b>*Cobbler</b>

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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