



FTHRA Nutrition Program



February 2025

Both the **Wednesday Café Connection** and the ***Friday Special Additions** prepared by the Jonesborough Senior Center Staff

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Country Style Steak Mashed Potatoes Mix Vegetables Fruit Cocktail Dinner Roll	4. Chili Dog Potato Wedges Baked Beans Coleslaw Bun	5. Café Connection Mary's Meatball Pasta Stew Roll w/ Butter Fruit	6. Soup Beans Oven Browned Potatoes Turnip Greens Oatmeal Crème Cookie Cornbread	7. Breaded Fish w/tartar sauce Sweet Potatoes Corn Chocolate Pudding Bun *Fresh Vegetables
10. Breaded Chicken Tenders Macaroni & Cheese Winter Mix Vegetables Mandarin Oranges Dinner Roll	11. BBQ Riblet Au Gratin Potatoes Carrots Fruited Yogurt Bun	12. Café Connection Baked Apple French- Toast Casserole Sausage Links Salad	13. Chunky Chicken Vegetable Soup Broccoli Peach Crisp Crackers (4)	14. Chili w/beans & cheese Stewed Potatoes Beets Tropical Fruit Cornbread *Dessert
17. President's Day Holiday No Meals Served	18. Meatloaf Mashed Potatoes Green Peas Fruit Cocktail Dinner Roll	19. Café Connection Sloppy Joes Tater Tots Vegetable	20. Beefy Vegetable Soup Boiled Potatoes Applesauce Cornbread	21. Chicken Philly/w peppers & onions and cheese Sweet Potatoes Green Beans Fruited Jell-O Bun *Tea
24. Oven Fried Chicken Patty Au Gratin Potatoes Spinach Pineapple Tidbits Dinner Roll	25. Spaghetti & Meat-sauce Italian Mix Vegetables Brussel Sprouts Mandarin Oranges Texas Toast	26. Café Connection Vegetable Quiche Sausage Patties Yogurt & Fruit Parfait	27. Turkey Kielbasa w/cabbage Oven Browned Potatoes Beets Ambrosia Cornbread	28. Shepherd Pie Mixed Greens Apple Crisp Dinner Roll *Fruit

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.**