



FTHRA Nutrition Program



January, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1). New Year's Holiday No Meals served	2). Salisbury Steak Mashed Potatoes Green Beans Mandarin Oranges Dinner Roll	3). Chicken & Rice w/ Dinner Roll Broccoli Carrots Peaches Graham Crackers *Tea
6). Chili Dog Potato Wedges Baked Beans Tropical Fruit Bun	7). Oven Fried Chicken Au Gratin Potatoes Mix Vegetables Fruited Yogurt Dinner Roll	8). Café Connection Supreme Pizza Pasta Salad Roll w/ butter	9). Stuffed Pepper Soup Corn Beets Fudge Cookie Dinner Roll	10). BBQ Chicken Breast w/ Dinner Roll Macaroni & Cheese Peas & Carrots Fruited Jell-O *Slaw
13). Chicken Fried Steak Mashed Potatoes Broccoli Fruit Cocktail Dinner Roll	14). Spaghetti & Meat-sauce Italian Mix Vegetables Baked Apples Texas Toast	15). Café Connection Biscuit & Gravy Casserole Tater Tots Fruit	16). Potato Soup w/cheese Broccoli Carrots Fruit Fluff Cornbread	17). Sloppy Joe & Bun Potato Wedges Corn Oatmeal Crème Cookie *Green Beans
20). MLK Birthday Holiday No Meals Served	21). Meatloaf Mashed Potatoes Green Peas Pineapple Dinner Roll	22). Café Connection Chicken Pot Pie Spring Greens w/ Vinaigrette Fruit	23). Soup Beans Oven Browned Potatoes Turnip Greens Applesauce Cornbread	24). Chicken Tortilla Soup Sweet Potatoes Cauliflower Chocolate Pudding Crackers (4) *Fruit
27). Breaded Chicken Tenders Macaroni & Cheese Broccoli Pears Dinner Roll	28). Cheeseburger & Potato Casserole Brussel Sprouts Corn Tropical Fruit Dinner Roll	29). Café Connection Scrambled Eggs Bacon Tater Tots Fruit	30). Minestrone Soup Mixed Greens Baked Apples Graham Crackers Cornbread	31). Chicken Pot Pie Beets Peach Crisp Biscuit *Fresh Vegetables

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.