

TITLE III NUTRITION PROGRAM MENUS, REGULAR MENUS

HOMESTEAD Nutrition Project
Northwest Kansas Area Agency on Aging

NUTRITION SITES: Atwood, Colby, Downs, Ellis, Goodland, Hays, Hill City, Hoxie, Kanorado, Kensington, Lenora, Lucas, Luray, Nicodemus, Norton, Oakley, Oberlin, Osborne, Palco, Phillipsburg, Plainville, Quinter, Russell, Smith Center, Stockton, Victoria, WaKeeney

MENU APPROVED BY HEIDI WIETJES, MS, RD, LMNT, LD

NWKAAA DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR,

NATIONAL ORIGIN, SEX, AGE OR HANDICAP. IF YOU FEEL THAT YOU

HAVE BEEN DISCRIMINATED AGAINST, YOU HAVE THE RIGHT TO FILE A

COMPLAINT WITH NWKAAA 1-800-432-7422. TDD 1-800-766-3777

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>JULY 2020</h1>	Roast Turkey in Gravy Mashed Potatoes Cabbage, Onions, Carrots Bread Emerald Pears 7/1	Pulled Pork Coleslaw Watermelon Bun Cookie 7/2	 CLOSED 7/3
Smothered Steak Mashed Potatoes Green Beans Bread Pineapple 7/6	Chicken Filet Sandwich 3 Bean Salad Cantaloupe Bun Pudding 7/7	Turkey Ala King Spinach Salad Rosy Pears Biscuit Brownie 7/8	Pork Cutlet Scalloped Potatoes California Blend Vegetables Bread Rosy Applesauce 7/9	Baked Fish Creamed Potatoes Peas Bread Strawberries & Bananas 7/10
Little Smokies Macaroni & Cheese Italian Blend Vegetables Bread Mandarin Oranges 7/13	Hamburger Patti Lettuce/Tomato/Onion Macaroni Salad Bun Tropical Fruit 7/14	Beef & Noodles Mashed Potatoes Seasoned Carrots Bread Peaches 7/15 	Chicken Dressing Casserole Sweet Potatoes Hot Cinnamon Apple Slices Bread Birthday Cake 7/16	Tuna Salad Cucumbers and Tomatoes Watermelon Bun Pudding 7/17
Swiss Steak Rice Green Beans Bread Mixed Fruit 7/20	Ground Beef Stroganoff over Noodles Asparagus Bread Ambrosia Fruit Salad 7/21	Oven Baked Chicken Mashed Potatoes/Gravy Corn Bread Apricots 7/22	BBQ Meatballs Baked Potato Cheesy Broccoli Bread Peaches 7/23	Chef Salad Cottage Cheese Crackers Pineapple 7/24 
Chicken Strips Potato Salad Mandarin Oranges Bread Pudding 7/27	Pasta Salad with Ham Cantaloupe Crackers Cookie 7/28 	Waikiki Chicken Broccoli Rice Bread Applesauce 7/29	Soft Taco Lettuce, Cheese, Tomato Mexicali Corn Tortilla 5 Cup Salad 7/30	Lasagna Brussels Sprouts Hot Cinnamon Apple Slices Bread Cookie 7/31

Requested Contribution: \$3.50 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay full cost of the meal, which is \$6.50 at the site and \$6.50 for home delivered.