





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
SEPTEMBER 2020	Chicken Ala King Mixed Vegetables Pineapple Biscuit Cookie 9/1	BBQ Meatballs Baked Potato California Blend Vegetables Bread Mixed Fruit 9/2	Pasta Salad with Chicken Strawberries & Bananas Crackers Pudding 9/3	Hamburger Patti Lettuce/Tomato/Onion Potato Salad Bun Cantaloupe 9/4
LABOR DAY  CLOSED 9/7	Pork Cutlet Augratin Potatoes Peas Bread Peaches 9/8	Goulash Brussels Sprouts Bread Hot Cinnamon Apple Slices 9/9	Chicken and Noodles Mashed Potatoes Corn Bread Mandarin Oranges 9/10	Baked Fish Parslied Potatoes Country Style Tomatoes Bread Plums 9/11
Salisbury Steak w/gravy Mashed Potatoes Green Beans Bread Tropical Fruit 9/14	Turkey Tetrazzini Italian Blend Vegetables Bread Rosy Pears 9/15	Taco Burger Lettuce, Cheese, Tomato Rice Bun Ambrosia Salad 9/16	Chicken Fried Chicken Hashbrown Casserole Peas & Carrots Bread Pineapple Upside Down Cake 9/17	Chef Salad Cottage Cheese Crackers Watermelon 9/18
Chicken Strips Scalloped Potatoes Seasoned Carrots Bread Mandarin Oranges 9/21	Waikiki Meatballs Rice Broccoli Bread Rosy Applesauce 9/22	Pork Roast in Gravy Mashed Potatoes Onions/Carrots/Cabbage Bread Emerald Pears 9/23	Swiss Steak Mashed Potatoes/Gravy Green Beans Bread Peaches 9/24	Tuna Salad Tomato Soup Pineapple Bun Cookie 9/25
Smothered Steak Mashed Potatoes Corn Bread Tropical Fruit 9/28	 9/29	Polish Sausage Coleslaw Applesauce Bun Pudding 9/30		

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.