


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 LISA GRAFF, MS, RD, LMNT, CPT, CHWC  
 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>APRIL 2021</h1>	<b>Baked Spaghetti</b> Asparagus Bread Fruit Cobbler or Crisp  4/1	<b>Baked Fish</b> Macaroni & Cheese Peas Bread Pineapple  4/2
<b>Chicken Filet Sandwich</b> Lettuce/Onion/Tomato Potato Salad Bun Strawberries  4/5	<b>Ground Beef Vegetable Soup</b> Spinach Salad Crackers Rosy Pears  4/6	<b>Turkey Ala King</b> Carrot Raisin Salad Tropical Fruit Biscuit Bar Cookie  4/7	<b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Seasoned Carrots Bread Peaches  4/8	<b>Little Smokies</b> Baked Potato Brussels Sprouts Bread Mixed Fruit  4/9
<b>Waikiki Meatballs</b> Rice Broccoli Bread Applesauce  4/12	<b>Chili</b> 5 cup Salad Crackers Cinnamon Roll  4/13	<b>Pork Roast in Gravy</b> Mashed Potatoes Cabbage/Onions/Carrots Bread Pears  4/14	<b>Ground Beef Stroganoff</b> California Blend Vegetables Hot Cinnamon Pears Bread Birthday Cake  4/15	<b>Sloppy Joe</b> Tater tots, triangles, or wedges Green Beans Bun Pineapple  4/16
<b>Chicken Fried Chicken</b> Hashbrown Casserole Scandanavian Blend Vegetables Bread Mandarin Oranges  4/19	<b>Ham &amp; Beans</b> Broccoli Salad Cornbread Rosy Applesauce  4/20	<b>Taco Burger</b> Lettuce/Cheese/Tomato Mexicali Corn Bun Peaches  4/21	<b>Smothered Steak</b> Mashed Potatoes Green Beans Bread Mixed Fruit  4/22	<b>Chicken and Rice Casserole</b> Mixed Vegetables Bread Tropical Fruit  4/23
<b>Ham &amp; Potato Casserole</b> Peas & Carrots Bread Hot Cinnamon Pears  4/26	<b>White Chicken Chili</b> Pea Salad Crackers Ambrosia Salad  4/27	<b>Oven Baked Chicken</b> Coleslaw Mixed Fruit Bread Pudding  4/28	<b>Hamburger Patti</b> Lettuce/Onion/Tomato 3 Bean Salad Bun Pineapple  4/29	<b>Pasta Salad w/Ham</b> Mandarin Oranges Crackers Brownie  4/30

**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.**