

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, 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
<b>Chicken Strips</b> Mashed Potatoes/Gravy Peas Bread Peaches 1/3	<b>Ham &amp; Beans</b> Spinach Salad Cornbread Pears 1/4	<b>Turkey Ala King</b> Brussel Sprouts Biscuit Hot Cinnamon Apple Slices 1/5	<b>Tator Tot Casserole</b> California Blend Vegetables Bread Mixed Fruit 1/6	<b>Tomato Soup</b> Tuna Salad Coleslaw Crackers Jello w/ Fruit 1/7
<b>Swiss Steak</b> Rice Seasoned Carrots Bread Strawberries 1/10	<b>Harvest Turkey Soup</b> Orange Pineapple Salad Crackers Brownie 1/11	<b>Goulash</b> Mixed Vegetables Bread Tropical Fruit 1/12	<b>Ham &amp; Potato Casserole</b> Green Beans Bread Hot Cinnamon Pears 1/13	<b>BBQ Meatballs</b> Baked Potato Cheesy Broccoli Bread Applesauce 1/14
<b>Chicken Fried Chicken</b> Mashed Potatoes/Gravy Corn Bread Peaches 1/17	<b>Chili</b> Ambrosia Fruit Salad Crackers Cinnamon Roll 1/18	<b>Chicken &amp; Rice Casserole</b> Winter Blend Vegetables Bread Mixed Fruit 1/19	<b>Meatloaf</b> Mashed Potatoes/Gravy Green Beans Bread Pineapple Upside Down Cake 1/20	<b>Tuna Noodle Casserole</b> Broccoli Bread Fruit Cobbler or Crisp 1/21
<b>Pork Fritter</b> Mashed Potatoes/Gravy Beets Bread Pineapple 1/24	<b>White Chicken Chili</b> Mandarin Oranges Crackers Pudding 1/25	<b>Hamburger Patty</b> Lettuce, Tomato, Onion Potato Salad Bun Tropical Fruit 1/26	<b>Taco Salad</b> Lettuce, Tomato, Cheese Mexicali Corn Tortilla Chips Pears 1/27	<b>Baked Fish</b> Macaroni & Cheese Peas & Carrots Bread Strawberries 1/28
<b>Polish Sausage</b> Hashbrown Casserole Catalina Blend Vegetables Bread Applesauce 1/31			<p style="text-align: center;"><b>January 2022</b></p>	<p style="text-align: center;"><i>Substitutions may be more frequent as we experience food supply shortages</i></p>

**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.**