




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 style="font-family: cursive;">JANUARY</h1> <h2 style="font-family: cursive;">2021</h2>  				
Smothered Chicken Fillet Mashed Potatoes Corn Bread Peaches 1/4	Ham & Potato Casserole Peas & Carrots Bread Hot Cinnamon Pears 1/5	Chicken Ala King 3 Bean Salad Tropical Fruit Biscuit Brownie 1/6	Beef Fritter Mashed Potatoes/Gravy Italian Blend Vegetables Bread Applesauce 1/7	Tuna Salad Tomato Soup Coleslaw Crackers Pineapple 1/8
Swiss Steak w/tomatoes Rice Green Beans Bread Pears 1/11	Harvest Turkey Soup Broccoli Salad Crackers Peaches 1/12	Roast Pork in Gravy Mashed Potatoes Seasoned Carrots Bread Strawberries 1/13	Beef Stroganoff Brussels Sprouts Bread Hot Cinnamon Apple Slices 1/14	Sloppy Joes Tator Tots or Triangles California Blend Vegetables Bun Mixed Fruit 1/15
Salisbury Steak Mashed Potatoes/Gravy Green Beans Bread Mandarin Oranges 1/18	Ham & Beans Spinach Salad Cornbread Rosy Applesauce 1/19	Tater Tot Casserole Antigua Blend Vegetables Bread Fruit Cobbler or Crisp 1/20	Taco Salad Mexicali Corn Chips Pineapple 1/21	Baked Fish Parslied Potatoes Stewed Tomatoes Bread Mixed Fruit 1/22
Meatballs in Gravy Hashbrown Casserole Peas Bread Mandarin Oranges 1/25	Chili 5 Cup Salad Crackers Cinnamon Roll 1/26	Oven Baked Chicken Potato Salad Tropical Fruit Bread Pudding 1/27	Hamburger Patti Lettuce/Onion/Tomato Pea Salad Bun Mandarin Oranges 1/28	Smokies Baked Potato Broccoli Bread Rosy Pears 1/29

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.