

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
	October 2021			Tuna Salad Tomato Soup Carrot Raisin Salad Crackers Pineapple 10/1
Ham & Potato Casserole Green Beans Bread Hot Cinnamon Pears 10/4	Chicken Dressing Casserole Broccoli Bread Fruit Crisp 10/5	Chicken Noodle Soup Spinach Salad Crackers Mixed Fruit 10/6	Hamburger Gravy Mashed Potatoes Peas Bread Applesauce 10/7	Sloppy Joe Tator Tots Corn Bun Peaches 10/8
Chicken Strips Mashed Potatoes/Gravy Beets Bread Pineapple 10/11	Ham & Beans Coleslaw Cornbread Rosy Pears 10/12	Turkey Tetrazzini California Blend Vegetables Bread Fruit Cobbler 10/13	Liver & Onions in Gravy Mashed Potatoes Seasoned Carrots Bread Peaches 10/14	Baked Fish Parslied Potatoes Creamed Peas Bread Mixed Fruit 10/15
Hamburger Patty Lettuce, Tomato, Onion Potato Salad Bun Mandarin Oranges 10/18	Ground Beef Veg Soup Ambrosia Fruit Salad Crackers Brownie 10/19	Roast Turkey in Gravy Mashed Potatoes Cabbage, Carrots, Onions Bread Mixed Fruit 10/20	Chicken Fried Chicken Hashbrown Casserole Corn Bread Strawberry Shortcake 10/21	Little Smokies Macaroni & Cheese Mixed Vegetables Bread Tropical Fruit 10/22
Salisbury Steak in Gravy Mashed Potatoes Peas & Carrots Bread Peaches 10/25	Chili 5 Cup Salad Crackers Cinnamon Roll 10/26	Oven Baked Chicken Mashed Potatoes/Gravy Green Beans Bread Pears 10/27	Goulash Brussel Sprouts Bread Hot Cinnamon Apple Slices 10/28	Chef Salad Mandarin Oranges Café Crackers Brownie 10/29

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.