



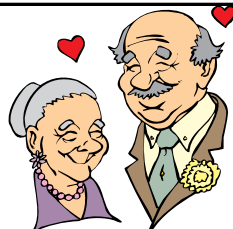



TITLE III NUTRITION PROGRAM MENUS, REGULAR MENUS

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
				<b>Chef Salad</b> Cottage Cheese Café Crackers Tropical Fruit  2/1
<b>Swiss Steak</b> Rice Brussels Sprouts Bread Rosy Applesauce  2/4	<b>Harvest Turkey Soup</b> Orange Pineapple Salad Crackers Brownie  2/5	<b>Ham &amp; Potato Casserole</b> Green Beans Bread Peaches  2/6	<b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Wax Beans Bread Plums  2/7	<b>Tuna &amp; Noodles</b> Peas & Carrots Mandarin Oranges Bread Pudding  2/8
<b>Chicken Fried Chicken</b> Hashbrown Casserole Winter Mix Vegetables Bread Mixed Fruit  2/11	<b>Ham &amp; Beans</b> Coleslaw Cornbread Watergate Salad  2/12	<b>Turkey Tetrazzini</b> Peas Pears Bread Bar Cookie  2/13	<b>Taco Salad</b> Rice Chips Strawberries  2/14	<b>BBQ Meatballs</b> Baked Potato California Blend Vegetables Bread Applesauce  2/15
<b>Smokies</b> Macaroni & Cheese Broccoli Bread Plums  2/18	<b>Ground Beef Vegetable Soup</b> Ambrosia Salad Crackers Cookie  2/19	<b>Baked Spaghetti</b> Italian Blend Vegetables Hot Cinnamon Apple Slices Bread Brownie  2/20	<b>Smothered Steak</b> Mashed Potatoes Corn Bread -- Pineapple Upside Down Cake  2/21	<b>Baked Fish</b> Parslied Potatoes Stewed Tomatoes Bread Emerald Pears  2/22
<b>Pork Cutlet</b> Scalloped Potatoes Green Beans Bread Peaches  2/25	 <b>Chili</b> Pineapple Crackers Cinnamon Roll  2/26	<b>Hamburger Patti with lettuce, onion, tomato, pickle</b> Potato Salad Bun -- Tropical Fruit  2/27	<b>Oven Baked Chicken</b> 3 Bean Salad Mandarin Oranges Bread Pudding  2/28	 <b>February 2 is "Eat Ice Cream for Breakfast" Day</b>

**Requested Contribution: \$3.25 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay full cost of the meal, which is \$6.00 at the site and \$6.00 for home delivered.**