

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>Chicken Strips</b> Hashbrown Casserole Beets Bread Mandarin Oranges 10/2	 <b>Shepards Pie</b> 5 Cup Salad Bread Brownie 10/3	<b>Turkey Ala King</b> Antigua Blend Vegetables Pineapple Biscuit Pudding 10/4	<b>Beef Fritter</b> Mashed Potatoes/Gravy Peas & Carrots Bread Pears 10/5	<b>Taco Burger on a bun w/lettuce, tomato, cheese</b> Rice Brussel Sprouts Fruit Crisp or Cobbler 10/6
<b>Ground Beef Stroganoff over noodles</b> Seasoned Carrots Bread Tropical Fruit 10/9	<b>Chicken Enchilada Casserole</b> Mexicali Corn Refried Beans Bread Peaches 10/10	<b>Goulash</b> Broccoli Salad Apricots Bread Pudding 10/11	 <b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Cauliflower Bread Plums 10/12	<b>Tuna &amp; Noodles</b> Stewed Tomatoes Applesauce Bread Cookie 10/13
<b>Pork Fritter</b> Mashed Potatoes/Gravy Asparagus Bread Mandarin Oranges 10/16	<b>Beef and Noodles</b> Mashed Potatoes Green Beans Bread Pineapple 10/17	<b>Salisbury Steak</b> Augratin Potatoes California Blend Vegetables Bread Mixed Fruit 10/18	<b>Chicken Dressing Casserole</b> Sweet Potatoes Hot Cinnamon Apple Slices Bread Birthday Cake 10/19	<b>Baked Fish</b> Creamed Potatoes Peas Bread Pears 10/20
<b>Swiss Steak</b> Rice Mixed Vegetables Bread Apricots 10/23	<b>Ham &amp; Beans</b> Spinach Salad Jello w/fruit Cornbread Cookie 10/24	<b>Oven Baked Chicken</b> Potato Salad Tropical Fruit Bread Pudding 10/25	<b>Hamburger Patti w/Lettuce, Onion, Tomato, Pickle</b> Cubed Seasoned Potatoes Bun Strawberries & Bananas 10/26	<b>BBQ Meatballs</b> Baked Potato Cheesy Broccoli Bread Rosy Applesauce 10/27
<b>Chicken Fried Chicken</b> Scalloped Potatoes Green Beans Bread Peaches 10/30	<b>Chili</b> Ambrosia Salad Crackers Cinnamon Roll 10/31			

**OCTOBER  
2017**



**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.**