

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
Swiss Steak Mashed Potatoes Beets Bread Rosy Applesauce 10/1	Ham & Beans Carrot/Raisin Salad Cornbread Tropical Fruit 10/2	Waikiki Meatballs Rice Broccoli Bread Fruit Cobbler or Crisp 10/3	Chicken Enchilada Casserole Mexicali Corn Refried Beans Bread -- Peaches 10/4	Sloppy Joes Baked Potato Italian Blend Vegetables Bun Hot Cinnamon Apple Slices 10/5
Goulash Broccoli Salad Mixed Fruit Bread Pudding 10/8	Turkey Roast in Gravy Mashed Potatoes Mixed Vegetables Bread Applesauce 10/9	Meatloaf Augratin Potatoes Brussels Sprouts Bread Rosy Pears 10/10	Liver & Onions in Gravy Mashed Potatoes Wax Beans Bread Plums 10/11	Tuna Salad Tomato Soup Strawberries & Bananas Crackers Bar Cookie 10/12
Beef Frank Mashed Potatoes Sauerkraut Bread Peaches 10/15	Pork Cutlet Sweet Potatoes  Corn Bread Hot Cinnamon Apple Slices 10/16	Hamburger Patti w/lettuce onion, tomato, pickle Potato Salad Bun Mandarin Oranges 10/17	Chicken Fried Chicken Scalloped Potatoes California Blend Vegetables Bread -- Pineapple Upside Down Cake 10/18	Baked Fish Macaroni & Cheese Peas Bread Tropical Fruit 10/19
Salisbury Steak w/gravy Hashbrown Casserole Antigua Blend Vegetables Bread Mixed Fruit 10/22	Chili Cinnamon Roll Crackers Five Cup Salad 10/23	Smothered Chicken Mashed Potatoes Seasoned Carrots Bread Emerald Pears 10/24	Chef Salad Cottage Cheese Café Crackers Pineapple 10/25	BBQ Pulled Pork Coleslaw Apricots Bun Brownie 10/26
Split Smoked Sausage Cubed Seasoned Potatoes Peas & Carrots Bread Plums  10/29	Taco Burger Lettuce, Cheese, Tomato Rice Bun Mandarin Oranges 10/30	Oven Baked Chicken Spinach Salad Applesauce Bread Pudding 10/31	 <h1>OCTOBER 2018</h1>	

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.