

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
		<p>June 9 is National Strawberry - Rhubarb Pie Day</p> 	<p><b>BBQ Smokies</b> Baked Potato Cheesy Broccoli Bread Peaches</p> <p style="text-align: right;">6/1</p>	
<p><b>Chicken Strips</b> Mashed Potatoes/Gravy Green Beans Bread Mixed Fruit</p> <p style="text-align: right;">6/4</p>	<p><b>Swiss Steak</b> Rice Mixed Vegetables Bread Apricots</p> <p style="text-align: right;">6/5</p>	<p><b>Pork Roast in Gravy</b> Mashed Potatoes Peas Bread Rosy Applesauce</p> <p style="text-align: right;">6/6</p>	<p><b>Goulash</b> California Blend Vegetables Hot Cinnamon Apple Slices Bread Cookie</p> <p style="text-align: right;">6/7</p>	<p><b>Tuna Salad</b> Tomato Soup German Cucumbers Bun Pineapple</p> <p style="text-align: right;">6/8</p>
<p><b>Hamburger Patti w/lettuce onion, tomato, pickle</b> Potato Salad Bun Tropical Fruit</p> <p style="text-align: right;">6/11</p>	<p><b>Chicken Ala King</b> Coleslaw w/carrots Peaches Biscuit Pudding</p> <p style="text-align: right;">6/12</p>	<p><b>Pork Fritter</b> Hashbrown Casserole Corn Bread Mandarin Oranges</p> <p style="text-align: right;">6/13</p>	<p><b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Brussels Sprouts Bread Pears</p>  <p style="text-align: right;">6/14</p>	<p><b>Chef Salad</b> Strawberries &amp; Bananas Café Crackers Brownie</p> <p style="text-align: right;">6/15</p>
<p><b>Polish Sausage w/kraut</b> Mashed Potatoes Scandanavian Blend Vegetables -- Bread Plums</p> <p style="text-align: right;">6/18</p>	<p><b>Waikiki Meatballs</b> Rice Broccoli Bread Fruit Cobbler or Crisp</p> <p style="text-align: right;">6/19</p>	<p><b>Chicken Fried Chicken</b> Scalloped Potatoes Peas Bread Apricots</p>  <p style="text-align: right;">6/20</p>	<p><b>Smothered Steak</b> Mashed Potatoes Green Beans Bread -- Pineapple Upside Down Cake</p> <p style="text-align: right;">6/21</p>	<p><b>Baked Fish</b> Macaroni &amp; Cheese Winter Blend Vegetables Bread Cranberry Sauce</p> <p style="text-align: right;">6/22</p>
<p><b>Sloppy Joes</b> Tater Tots or Triangles Peas &amp; Carrots Bun Pears</p>  <p style="text-align: right;">6/25</p>	<p><b>Turkey Tetrizzini</b> Antigua Blend Vegetables Mixed Fruit Bread Bar Cookie</p> <p style="text-align: right;">6/26</p>	<p><b>Taco Salad</b> Mexicali Corn Chips Orange Pineapple Gelatin</p> <p style="text-align: right;">6/27</p>	<p><b>Oven Baked Chicken</b> 3 Bean Salad Tropical Fruit Bread Pudding</p> <p style="text-align: right;">6/28</p>	<p><b>Ground Beef Stroganoff over Noodles</b> Catalina Blend Vegetables Bread Hot Cinnamon Apple Slices</p> <p style="text-align: right;">6/29</p>

**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.**