


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
 AUGUST 2018 		Ground Beef Stroganoff over Noodles Winter Mix Vegetables Bread Pineapple 8/1	Pasta Salad w/Ham Strawberries & Bananas Café Crackers Pudding 8/2	Beef Fritter Mashed Potatoes/Gravy Peas & Carrots Bread Peaches 8/3
BBQ Chicken Sandwich Cubed Seasoned Potatoes Italian Blend Vegetables Bun Apricots 8/6	Goulash California Blend Vegetables Hot Cinnamon Apple Slices Bread Brownie 8/7	Turkey Roast in Gravy Mashed Potatoes Beets Bread Emerald Pears 8/8	Liver & Onions in Gravy Mashed Potatoes Seasoned Carrots Bread Plums 8/9	Tuna Salad Coleslaw w/carrots Watermelon Bun Cookie 8/10
Country Fried Steak Mashed Potatoes/Gravy Corn Bread Rosy Applesauce 8/13	Hamburger Patti, Lettuce Onion, Tomato, Pickle Pasta Salad Bun Cantaloupe 8/14	Baked Spaghetti Side Salad w/Carrots Mandarin Oranges Bread Pudding 8/15	Chicken Fried Chicken Hashbrown Casserole Green Beans Bread -- Pineapple Up-Side Down Cake 8/16	Smokies Baked Potato Cheesy Broccoli Bread Pears 8/17
Swiss Steak Rice Mixed Vegetables Bread Apricots 8/20	Pork Cutlet Scalloped Potatoes Antigua Blend Vegetables Bread Peaches 8/21	Chicken Dressing Casserole ---- Corn Sweet Potatoes Bread Mixed Fruit 8/22	Soft Taco Lettuce, Cheese, Tomato Refried Beans Soft Shell Tortilla Ambrosia Salad 8/23	Baked Fish Macaroni & Cheese Peas Bread Tropical Fruit 8/24
Salisbury Steak Augratin Potatoes Brussels Sprouts Bread Applesauce 8/27	Sloppy Joes Tater Tots or Triangles Peas & Carrots Bun Pears 8/28	Oven Baked Chicken Potato Salad Mandarin Oranges Bread Pudding 8/29	Chef Salad Watermelon Café Crackers Brownie 8/30	Turkey Ala King Mixed Vegetables Pineapple Biscuit Krisp Rice Treat 8/31

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.