

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
Chicken Strips Mashed Potatoes/Gravy Seasoned Carrots Bread Mixed Fruit 4/3	Swiss Steak Baked Potato Cheesy Broccoli Bread Apricots 4/4	Chicken Salad Potato Soup Orange Pineapple Salad Crackers Bread 4/5	Hamburger Patti w/pickle, onion, tomato, lettuce Seasoned Potatoes Bun Peaches 4/6	Baked Fish Parslied Potatoes Stewed Tomatoes Bread Emerald Pears 4/7
Pork Cutlet Mashed Potatoes/Gravy Corn Bread Applesauce 4/10	Spaghetti Brussell Sprouts Hot Cinnamon Apple Slices Bread Cookie 4/11	Teriyaki Chicken Breast Creamed Potatoes Peas Bread Mixed Fruit 4/12	Liver & Onions in Gravy Mashed Potatoes Winter Mix Vegetables Bread Cranberry Sauce 4/13	Tuna Salad 3 Bean Salad Tropical Fruit Bread Pudding 4/14
Beef Fritter Scalloped Potatoes Beets Bread Plums 4/17	Ham & Beans Side Salad w/carrots Cornbread 5 Cup Salad 4/18	Smothered Steak/Gravy Mashed Potatoes Peas & Carrots Bread Apricots 4/19	Beef and Noodles Mashed Potatoes California Blend Vegetables Bread Pineapple Upside Down Cake 4/20	Chicken Enchilada Casserole Mexicalli Corn Refried Beans Bread Mixed Fruit 4/21
Chicken Fried Chicken Hashbrown Casserole Seasoned Carrots Bread Rosy Applesauce 4/24	Taco Salad Hominy Chips Mandarin Oranges 4/25	Paprika Chicken Potato Salad Coleslaw w/carrots Bread Peaches 4/26	Pasta Salad w/Ham Watergate Salad Café Crackers Brownie 4/27	Meatloaf Mashed Potatoes/Gravy Green Beans Bread Pears 4/28

**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.**