

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



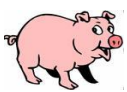
NWKA AAA DOES NOT DISCRIMINATE ON THE BASIS OF RACE, COLOR,

NATIONAL ORIGIN, SEX, AGE OR HANDICAP. IF YOU FEEL THAT YOU

HAVE BEEN DISCRIMINATED AGAINST, YOU HAVE THE RIGHT TO FILE A

COMPLAINT WITH NWKA AAA 1-800-432-7422. TDD 1-800-766-3777

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy FATHER'S DAY</p>	<p>JUNE 2017</p>	 <p>SUMMER</p>	<p>Chicken Pot Pie Spinach Salad Apricots Brownie</p> <p style="text-align: right;">6/1</p>	<p>Tuna Salad 3 Bean Salad Cantaloupe Crackers Pudding</p> <p style="text-align: right;">6/2</p>
<p>Swiss Steak Rice Seasoned Carrots Bread Tropical Fruit</p> <p style="text-align: right;">6/5</p>	<p>Taco Salad Mexicalli Corn Chips or Fritos Fruit Cobbler or Crisp</p> <p style="text-align: right;">6/6</p>	<p>Baked Ham Sweet Potatoes Peas Bread Cranberry Sauce</p> <p style="text-align: right;">6/7</p>	<p>Liver & Onions in Gravy Mashed Potatoes Brussels Sprouts Bread Pears</p> <p style="text-align: right;">6/8</p>	<p>BBQ Diced Chicken Roasted Vegetables & Pasta Blend Mandarin Oranges Slider Bun Crisp Rice Treat</p> <p style="text-align: right;">6/9</p>
<p>Pork Fritter Mashed Potatoes/Gravy Winter Mix Vegetables Bread Mixed Fruit</p> <p style="text-align: right;">6/12</p>	<p>Spaghetti Mixed Vegetables Hot Cinnamon Apple Slices Bread Brownie</p> <p style="text-align: right;">6/13</p>	<p>Turkey Roast Augratin Potatoes Steamed Cabbage & Carrots & Onions Bread -- Plums</p> <p style="text-align: right;">6/14</p>	<p>Chicken Fried Chicken Hashbrown Casserole Green Beans Bread Pineapple Upside Down Cake</p> <p style="text-align: right;">6/15</p>	<p>Chef Salad 1/2 Banana Breadstick Pudding</p> <p style="text-align: right;">6/16</p>
<p>Chicken Strips Mashed Potatoes/Gravy Peas & Carrots Bread Pineapple</p> <p style="text-align: right;">6/19</p>	<p>Salisbury Steak Baked Potato Cheesy Broccoli Bread Apricots</p> <p style="text-align: right;">6/20</p>	<p>Beef and Noodles Mashed Potatoes Corn Bread Watergate Salad</p> <p style="text-align: right;">6/21</p>	<p>Pasta Salad w/Ham Tropical Fruit Breadstick Cookie</p>  <p style="text-align: right;">6/22</p>	<p>Meatloaf Scalloped Potatoes Scandanavian Vegetables Bread Peaches</p> <p style="text-align: right;">6/23</p>
<p>Polish Sausage w/Kraut Mashed Potatoes Beets Bread Emerald Pears</p> <p style="text-align: right;">6/26</p>	<p>Oven Baked Chicken Broccoli Salad Peaches Bread Pudding</p> <p style="text-align: right;">6/27</p>	<p>Swedish Meatballs Noodles Catalina Blend Vegetables Bread Pineapple</p> <p style="text-align: right;">6/28</p>	<p>Hamburger Patti w/lettuce tomato, onion, pickle Macaroni Salad Bun Watermelon</p> <p style="text-align: right;">6/29</p>	<p>Baked Fish Parslied Potatoes Stewed Tomatoes Bread Applesauce</p> <p style="text-align: right;">6/30</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.