


**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, St. Francis, Victoria, WaKeeney

MENU APPROVED BY Heidi Wietjes, MS, RD, LMNT, CPT, CHWC  
 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
<b>Sloppy Joe</b> Catalina Blend Veg. Bun Blushing Pears 4/1	<b>Chicken Alfredo Pasta</b> California Blend Veg. Bread Stick Fruit Crisp 4/2	<b>Baked Spaghetti</b> Corn Bread Pineapple 4/3	<b>Turkey Ala King</b> Antigua Blend Veg. Biscuit Gelatin w/Fruit 4/4	<b>Chili</b> Crackers Cinnamon Roll Strawberries 4/5
<b>Chicken Strips</b> Mashed Potatoes & Gravy Brussel Sprouts Bread Ambrosia Salad 4/8	<b>Spanish Rice w/Hamburger</b> Mixed Vegetables Bread Hot Cinnamon Apples 4/9	<b>Chicken Noodle Soup</b> Tossed Salad Crackers Mandarin Oranges Pudding 4/10	<b>Liver &amp; Onions in Gravy</b> Mashed Potatoes Broccoli Bread Peaches 4/11	<b>Cook's Choice</b> 4/12
<b>Taco Salad</b> Lettuce & Tomato Chips Tropical Fruit 4/15	<b>Oven Baked Chicken</b> Parslied Potatoes Pasta Salad w/Veggies Bread Apple Sauce 4/16	<b>Lasagna</b> Italian Blend Vegetables Dinner Roll Peaches 4/17	<b>Beef &amp; Noodles</b> Mashed Potatoes Peas & Carrots Frosted Birthday Cake Pineapple 4/18	<b>Pulled Pork</b> Baked Beans Bun Mandarin Oranges 4/19
<b>Pork Fritter</b> Mashed Potatoes & Gravy Broccoli Bread Mixed Fruit 4/22	<b>Shepherd's Pie</b> Coleslaw Cookie Peaches 4/23	<b>Hamburger Patty</b> Lettuce, Tomato, Onion Three Bean Salad Bun Fruit Crisp 4/24	<b>Goulash</b> Winter Blend Vegetables Bread Cinnamon Pears 4/25	<b>Cook's Choice</b> 4/26
<b>Smothered Chicken</b> Parslied Potatoes Green Beans Bread Mandarin Oranges 4/29	<b>Pork Cube Steak</b> Stewed Tomatoes Bread Tropical Fruit 4/30		<p style="text-align: center;"><b>APRIL 2024</b></p>	Substitutions may be more frequent as we experience food supply shortages

Requested Contribution: \$3.75 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$6.75. SNAP Benefits (previously known as food stamps) can be used to contribute towards the meal. If you need help applying for SNAP, call our office at 1-800-432-7422.