

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, 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
	<h1>May 2024</h1>	Beef Pot Roast Parslied Potatoes Seasoned Carrots Bread Pineapple 5/1	Sausage Breakfast Casserole Blueberry "Muffins" Strawberries & Bananas 5/2	Chicken & Noodles Mashed Potatoes California Blend Vegetables Bread Emerald Pears 5/3
Polish Sausage Potatoes O'Brien Mixed Vegetables Bread Tropical Fruit 5/6	Meatloaf Scalloped Potatoes Broccoli Bread Pears 5/7	Shepard's Pie Scandanavian Vegetables Cookie Peaches 5/8	Chicken Parmesan Italian Blend Vegetables Garlic Bread Applesauce 5/9	Cook's Choice 5/10
Chef Salad w/Ham Club Crackers Fruit Crisp 5/13	Chicken Enchilada Casserole Beets Tortilla Chips Tropical Fruit 5/14	Goulash Broccoli Salad Bread Peaches 5/15	Chicken Pasta Primavera Tossed Salad Bread Strawberry Short Cake 5/16	Hamburger Patty Lettuce, Tomato, Onion Baked Beans Bun Mandarin Oranges 5/17
Smokies Macaroni & Cheese Broccoli Applesauce 5/20	Ground Beef Stroganoff Brussel Sprouts Bread Gelatin w/Fruit 5/21	Diced BBQ Chicken Coleslaw Rice Fruit Cobbler 5/22	Turkey Tetrazzini California Blend Vegetables Bread Hot Cinnamon Pears 5/23	Cook's Choice 5/24
	Pasta Salad w/Ham Club Crackers Tropical Fruit 5/27	Chicken "Fried" Chicken Mashed Potatoes & Gravy Spinach Salad Bread Mandarin Oranges 5/29	Smothered Steak Hashbrown Casserole Antigua Blend Vegetables Bread Pears 5/30	Meat Balls Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple 5/31

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.