

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
July 2025	Tuna Salad Sandwich Tomato Soup Cookie Bun Strawberries 7/1	Beef Pot Roast w/Gravy Mashed Potatoes Seasoned Carrots Bread Cantaloupe 7/2	Teriyaki Chicken Rice Broccoli Peaches 7/3	CLOSED  7/4
Smothered Chicken Parslied Potatoes Green Beans Bread Pineapple 7/7	Frito Chili Cheese Pie California Blend Vegetables Fruit Cobbler Pudding 7/8	Fish Sandwich Mixed Vegetables Bun Strawberries & Bananas Brownie 7/9	Meat Balls Mashed Potatoes Cheesy Broccoli Bread Tropical Fruit 7/10	Cook's Choice 7/11
Swiss Steak w/Tomatoes Mashed Potatoes Peas & Carrots Bread Pineapple 7/14	Oven Baked Chicken Baked Potato Green Beans Bread Ambrosia Salad 7/15	Pasta Salad w/Ham Club Crackers Tropical Fruit 7/16	Turkey Ala King Antigua Blend Vegetables Biscuit Strawberry Short Cake 7/17	Tator Tot Casserole Brussel Sprouts Bread Watermelon 7/18
Chicken Strips Mashed Potatoes & Gravy Green Beans Bread Mandarin Oranges 7/21	Hamburger Patty Lettuce, Tomato, Onion Potato Salad Bun Tropical Fruit 7/22	Bierock Casserole Antigua Blend Vegetables Bread Peaches 7/23	Beef & Noodles Mashed Potatoes California Blend Vegetables Bread Emerald Pears 7/24	Cook's Choice 7/25
Sloppy Joe Brussel Sprouts Bun Mandarin Oranges 7/28	Chicken Parmesan Italian Blend Vegetables Garlic Bread Applesauce 7/29	Goulash California Blend Vegetables Bread Cinnamon Pears 7/30	Taco Salad Lettuce & Tomatoes Chips Tropical Fruit 7/31	

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.