

**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>July 2026</b>		<b>Beef Pot Roast</b> Mashed Potatoes Seasoned Carrots Bread Cantaloupe  7/1	<b>Teriyaki Chicken</b> Rice Broccoli Peaches  7/2	<b>Closed (4th of July)</b>  7/3
<b>Swiss Steak w/Tomatoes</b> Mashed Potatoes Peas & Carrots Bread Pineapple  7/6	<b>Oven Baked Chicken</b> Baked Potato Green Beans Bread Peaches  7/7	<b>Pasta Salad w/Ham</b> Club Crackers Tropical Fruit  7/8	<b>Turkey Ala King</b> Antigua Blend Vegetables Biscuit Strawberry Short Cake  7/9	<b>Tator Tot Casserole</b> Brussel Sprouts Bread Watermelon  7/10
<b>Smothered Chicken</b> Parslied Potatoes Green Beans Bread Pineapple  7/13	<b>Frito Chili Cheese Pie</b> California Blend Vegetables Fruit Cobbler Pudding  7/14	<b>Fish Sandwich</b> Mixed Vegetables Bun Strawberries & Bananas  7/15	<b>Meat Balls in gravy</b> Mashed Potatoes Cheesy Broccoli Bread Watermelon  7/16	<b>Beef Frank on Bun</b> Tomato Cucumber Salad Tropical Fruit No Bake Cookie  7/17
<b>Chicken Strips</b> Mashed Potatoes & Gravy Broccoli Bread Peaches  7/20	<b>Pulled Pork</b> Baked Beans Bun Mandarin Oranges  7/21	<b>Chicken &amp; Noodles</b> Mashed Potatoes California Blend Vegetables Bread Emerald Pears  7/22	<b>Goulash</b> Italian Blend Vegetables Bread Cinnamon Apples  7/23	<b>Cook's choice</b>   7/24
<b>Taco Burger</b> Lettuce, Tomato, Onion Bun Peaches Crispy Rice Bar  7/27	<b>Chicken "Fried" Chicken</b> Mashed Potatoes & Gravy Peas & Carrots Bread Pineapple  7/28	<b>Shepard's Pie</b> Coleslaw Bread Pears Cookie  7/29	<b>Lasagna</b> Italian Blend Vegetables Bread Mixed Fruit  7/30	<b>Hamburger Patty</b> Lettuce, Tomato, Onion Potato Salad Bun Applesauce  7/31

Requested Contribution: \$4.00 per meal. Please make checks payable to HOMESTEAD Nutrition Project. Guests under 60 must pay the full cost of the meal, which is \$7.00. 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.