


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  
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
<p><i>Happy New Year</i></p> <p>1/1</p>	<p><b>Smothered Steak</b> Mashed Potatoes Brussels Sprouts Bread Pineapple</p> <p>1/2</p>	<p><b>Pasta Salad with Ham</b> Tropical Fruit Café Crackers Pudding</p> <p>1/3</p>	<p><b>Ground Beef Vegetable Soup</b> 5 Cup Salad Crackers Cookie</p> <p>1/4</p>	<p><b>Baked Fish</b> Baked Potato Peas Bread Emerald Pears</p> <p>1/5</p>
<p><b>Salisbury Steak</b> Hashbrown Casserole Winter Mix Vegetables Bread Apricots</p> <p>1/8</p>	<p><b>Goulash</b> 3 Bean Salad Mandarin Oranges Bread Brownie</p> <p>1/9</p>	<p><b>Chicken and Noodles</b> Mashed Potatoes Green Beans Bread Cranberry Fluff Salad</p> <p>1/10</p>	<p><b>Smokies</b> Macaroni &amp; Cheese Italilan Blend Vegetables Bread Applesauce</p> <p>1/11</p>	<p><b>Taco Salad</b> Mexicalli Corn Chips or Fritos Watergate Salad</p> <p>1/12</p>
<p><b>Swiss Steak</b> Rice Asparagus Bread Pineapple</p> <p>1/15</p>	<p><b>Pork Roast in Gravy</b> Mashed Potatoes Steamed Cabbage &amp; Carrots &amp; Onions Bread -- Plums</p> <p>1/16</p>	<p><b>Beef Fritter</b> Mashed Potatoes/Gravy Antiqua Blend Vegetables Bread Peaches</p> <p>1/17</p>	<p><b>Chicken Fried Chicken</b> Sweet Potatoes Hot Cinnamon Apple Slices Bread Birthday Cake</p> <p>1/18</p>	<p><b>Swedish Meatballs over noodles</b> California Blend Vegetables Bread Rosy Applesauce</p> <p>1/19</p>
<p><b>Chicken Strips</b> Mashed Potatoes/Gravy Peas &amp; Carrots Bread Mixed Fruit</p> <p>1/22</p>	<p><b>Ham &amp; Beans</b> Broccoli Salad Cornbread Gelatin w/fruit</p> <p>1/23</p>	<p><b>Turkey Tetrazzini</b> Spinach Salad Apricots Bread Pudding</p> <p>1/24</p>	<p><b>Hamburger Patti w/Lettuce, Onion, Tomato, Pickle</b> Coleslaw Bun Fruit Crisp or Cobbler</p> <p>1/25</p>	<p><b>Waikiki Smothered Chicken Breast</b> Mixed Vegetables Rice -- Bread Mandarin Oranges</p> <p>1/26</p>
<p><b>Pork Cutlet</b> Augratin Potatoes Corn Bread Tropical Fruit</p> <p>1/29</p>	<p><b>Chili</b> Ambrosia Salad Crackers Cinnamon Roll</p> <p>1/30</p>	<p><b>Paprika Chicken</b> Potato Salad Strawberries &amp; Bananas Bread Pudding</p> <p>1/31</p>	 <p><b>JANUARY 2018</b></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.**