

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
Swiss Steak Rice Peas Bread Rosy Pears 4/2	Pork Cutlet Mashed Potatoes/Gravy Italian Blend Vegetables Bread Apricots 4/3	Chicken Alfredo w/pasta Brussel Sprouts Garlic Bread Watergate Salad 4/4	Chef Salad Strawberries & Bananas Breadstick Pudding 4/5	Ground Beef Vegetable Soup -- Crackers Orange Pineapple Salad with Cottage Cheese Fruit Cobbler or Crisp 4/6
Chicken Strips Mashed Potatoes/Gravy Green Beans Bread Mandarin Oranges 4/9	Waikiki Meatballs Rice Broccoli Bread Applesauce  4/10	Chicken Enchilada Casserole Mexicali Corn Peaches -- Bread Cookie 4/11	Liver & Onions in Gravy Mashed Potatoes Asparagus Bread Mixed Fruit 4/12	BBQ Smokies Baked Potatoes Creamed Peas Bread Apricots 4/13
Smothered Steak Augratin Potatoes California Blend Vegetables Bread Plums 4/16	Chili 5 Cup Salad Crackers Cinnamon Roll 4/17	Pork Roast in Gravy Mashed Potatoes Steamed Cabbage & Carrots & Onions Bread - Pears 4/18	Chicken Fried Chicken Mashed Potatoes/Gravy Hot Cinnamon Apple Slices Bread Birthday Cake 4/19	Baked Fish Creamed Potatoes Beets Bread Mandarin Oranges 4/20
Beef Fritter Mashed Potatoes/Gravy Green Beans Bread Pineapple 4/23	Ham & Beans Coleslaw Cornbread Mixed Fruit 4/24	Oven Baked Chicken Potato Salad 3 Bean Salad Bread Ambrosia Salad 4/25	Taco Salad Rice Chips or Fritos Tropical Fruit 4/26	Hamburger Patti with Lettuce, Onion, Tomato, Pickle Pasta Salad w/Vegetables Bun Gelatin w/fruit 4/27
Polish Sausage Scalloped Potatoes Cauliflower Bread Rosy Applesauce 4/30	 <h1 style="font-size: 48px; margin: 0;">APRIL</h1> <h1 style="font-size: 48px; margin: 0;">2018</h1> 			

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.