

HOMESTEAD Nutrition Project
Northwest Kansas Area Agency on Aging

NUTRITION SITES: Atwood, Colby, Downs, Ellis, Goodland, Gove, Hays,, Hill City, Hoxie, Kanorad

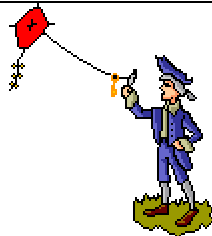
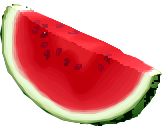
Kensington, Lenora, Lucas, Luray, Nicodemus, Norton, Oakley, Oberlin, Osborne, Palco, Phillipsburg

Plainville, Quinter, Russell, Smith Center, Stockton, Victoria, WaKeeney

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
June 1, 1938 First Superman comic is published June 9, 1934 Disney's Donald Duck makes his debut June 10, 1752 Benjamin Franklin flies a kite in a lightning storm and discovers electricity June 17, 1885 The Statue of Liberty arrives in New York June 22, 1847 Donuts are created			<h1>June 2012</h1>	Ham & Beans Heavenly Hash Cornbread Cook's Choice Complement 6/1
Steak Fingers Mashed Potatoes/gravy Mixed Vegetables Bread Mixed Fruit 6/4	Meat Loaf Creamed Potatoes Peas Bread Fruit Crisp 6/5	Turkey AlaKing Corn Orange Pineapple Salad Biscuit Spice Cake 6/6	Liver & Onions in gravy Parslied Potatoes Winter Mix Vegetables Bread Cook's Choice Fruit 6/7	Pork Cutlet Cole Slaw w/carrots Tomatoes & Cucumbers Bun Baked Apple Slices 6/8
Polish Sausage w/kraut Mashed Potatoes Glazed Carrots Bread Pears 6/11	Taco Salad Tropical Fruit Chips Fruit Cobbler 6/12	Oven Baked Chicken Mashed Potatoes & gravy Cook's Choice Vegetables Bread Apricots 6/13	Chopstick Tuna Casserole Peas 5 Cup Salad Bread Pudding 6/14	Ground Beef Stroganoff Italian Blend Vegetables Plums Noodles Cookie 6/15
Sloppy Joes O'Brien Potatoes Corn Bun Applesauce 6/18	Pork Roast Mashed Potatoes w/gravy Parsley Buttered Carrots Bread Gelatin w/fruit 6/19	Crispy Chicken Salad Strawberries & Bananas Bread Sticks Bar Cookie 6/20	Waikiki Meat Balls Broccoli Peaches Rice Birthday Cake 6/21	Baked Spaghetti Green Beans Cantaloupe Garlic Bread Cook's Choice Complement 6/22
Hamburger Potato Salad Baked Beans Bun Watermelon  6/25	Ham Saucy Sweet Potatoes Cottage Cheese Salad Bread Mixed Fruit 6/26	Country Fried Beef Stetak Mashed Potatoes/gravy California Blend Vegetable Bread Gelatin w/fruit 6/27	Cook's Choice Entrée Potatoes Romanoff Peas Bread Ambrosia Fruit Salad 6/28	Baked Fish Macaroni & Cheese Tomatoes & Cucumbers Bread Pears 6/29

Requested Contribution: \$3.00 per meal. Please make checks payable to HOMESTEAD Nutrition Project.

Guests under 60 must pay full cost of the meal, which is \$5.50 at the site and \$5.75 for home delivered.