


To order or cancel a meal, please call between 9am and 12pm on the day before.
 For additional information call Coffeyville at 620-251-7313 or Pittsburg at 620-232-7443.

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatballs/Tomato Gravy Aldente Egg Noodles Mixed Vegetables Cinnamon Apples Wheat Bread	Sweet/Sour Chicken Steamed Rice Winter Blend Vegetables Fresh Orange Wheat Bread	Tuna Salad Cottage Cheese Garden Salad Pineapples/Mandarin Oranges Crackers	CLOSED FOURTH OF JULY HOLIDAY 	CLOSED
8	9	10	11	12
Goulash California Blend Fruit Salad Wheat Bread	Ham/Beans Coleslaw Fresh Orange Cornbread	BBQ Chicken/Bun Baked Beans Warm Potato Salad Peaches	Chicken Tetrazzini Green Beans Mandarin Oranges Breadstick	CLOSED
15	16	17	18	19
Cheeseburger/Bun Pineapple Coleslaw Three Bean Salad Fresh Apple	Chicken Marinara Spaghetti Noodles Green Beans Applesauce Breadstick	Sloppy Joe/Bun Corn Spinach Salad Mixed Fruit *Birthday Treat*	Fish Wedge/Tartar Sauce Cheesy Potatoes Peas/Carrots Citrus Salad Hush Puppies	CLOSED
22	23	24	25	26
Beef Patty w/Pep & Onions Parslied Potatoes Zucchini/Tomatoes Pears Wheat Bread	Chicken/Noodles Steamed Broccoli Peaches Wheat Bread	Taco Salad (meat,beans,lettuce,cheese,toms) Pineapple Tidbits Corn Chips	Honey Glazed Pork Loin Mashed Sweet Potatoes Cooked Cabbage Mixed Fruit Roll	CLOSED
29	30	31	RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT. WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS UNLESS OTHERWISE SPECIFIED. FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED. ***MENU IS SUBJECT TO CHANGE***	
Spaghetti w/Meat Sauce Peas Copper Carrots Fresh Banana Breadstick	Baked Ham Macaroni/Cheese Green Beans Pineapple Tidbits Roll	BBQ Hamburger/Bun Potato Salad Fiesta Corn Salad Sliced Apples		



Suggested Donation \$2.00

Southeast Kansas Area Agency on Aging, Inc.
 (for those 60 years and older) Consultation with SEK-AAA Dietitian
 may be arranged. This institution is an equal opportunity provider.



PLEASE MAKE CHECKS PAYABLE TO : SEK-AAA PO BOX J CHANUTE, KS 66720

Build a Healthy Eating Routine

You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference!

Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, grapefruit, papaya, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



Proteins — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you.

To order or cancel a meal, please call between 9am and 12pm on the day before.
 For additional information call Coffeyville at 620-251-7313 or Pittsburg at 620-232-7443.

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Meatballs/Tomato Gravy 6 Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c Wheat Bread 1	Sweet/Sour Chicken 1/2c Steamed Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1 Wheat Bread 1	Tuna Salad 1/2c Cottage Cheese 1 Garden Salad 1c Pineapples/Man Oranges 1/2c Crackers 4 Packs BOWL	CLOSED FOURTH OF JULY HOLIDAY	CLOSED
8	9	10	11	12
Goulash 1c California Blend Vegetables 1c Fruit Salad 1/2c Wheat Bread 1	Ham/Beans 1c Coleslaw 1/2c Fresh Orange 1 Cornbread 1	BBQ Chicken/Bun 1/2c, 1 Baked Beans 1/2c Warm Potato Salad 1/2c Peaches 1/2c	Chicken Tetrazzini 1c Green Beans 1/2c Mandarin Oranges 1/2c Breadstick 1	CLOSED
15	16	17	18	19
Cheeseburger/Bun 1 Pineapple Coleslaw 1/2c Three Bean Salad 1/2c Fresh Apple 1 BOWL	Chicken Marinara 1 Spaghetti Noodles 1/2c Green Beans 1c Applesauce 1/2c Breadstick 1	Sloppy Joe/Bun 1/2c, 1 Corn 1/2c Spinach Salad 1c Mixed Fruit 1/2c *Birthday Treat* 1 BOWL	Fish Wedge/Tartar Sauce 1 Cheesy Potatoes 1/2c Peas/Carrots 1/2c Citrus Salad 1/2c Hush Puppies 3	CLOSED
22	23	24	25	26
Beef Patty w/Peps/Onions 1 Parslied Potatoes 1/2c Zuchinni/Tomatoes 1/2c Pears 1/2c Wheat Bread 1	Chicken/Noodles 1c Steamed Broccoli 1c Peaches 1/2c Wheat Bread 1	Taco Salad 1c (meat, beans, lettuce, cheese, toms) Pineapple Tidbits 1/2c Tortilla Chips 1 BOWL	Honey Glazed Pork Loin 1 Mashed Sweet Potatoes 1/2c Cooked Cabbage 1/2c Mixed Fruit 1/2c Roll 1	CLOSED
29	30	31		
Spaghetti w/Meat Sauce 1c Peas 1/2c Copper Carrots 1/2c Fresh Banana 1 Breadstick 1	Baked Ham 1 Macaroni/Cheese 1/2c Green Beans 1/2c Pineapple Tidbits 1/2c Roll 1	BBQ Hamburger/Bun 1 Potato Salad 1/2c Fiesta Corn Salad 1/2c Sliced Apples 1/2c BOWL		

RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT.
WHEAT BREAD, MARGARINE & 1% MILK SERVED WITH ALL MEALS
 UNLESS OTHERWISE SPECIFIED.
 FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED.
 MENU IS SUBJECT TO CHANGE

Suggested Donation \$2.00

Southeast Kansas Area Agency on Aging, Inc.
 (for those 60 years and older) Consultation with SEK-AAA Dietitian may be arranged. This institution is an equal opportunity provider.

PLEASE MAKE CHECKS PAYABLE TO : SEK-AAA PO BOX J CHANUTE, KS 66720