


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.

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger/Bun Pineapple Coleslaw Three Bean Salad Fresh Apple	4 Chicken Marinara Spaghetti Noodles Green Beans Applesauce Breadstick	5 Sloppy Joe/Bun Corn Spinach Salad Mixed Fruit	6 Fish Wedge/Tartar Sauce Cheesy Potatoes Peas/Carrots Citrus Salad Hush Puppies	7 CLOSED
10 Beef Patty w/Pep & Onions Mashed Potatoes Zucchini/Tomatoes Pears Wheat Bread	11 Chicken/Noodles Steamed Broccoli Peaches Wheat Bread	12 Taco Salad (meat,beans,lettuce,cheese,toms) Pineapple Tidbits Corn Chips	13 Honey Glazed Pork Loin Mashed Sweet Potatoes Cooked Cabbage Mixed Fruit Roll	14 CLOSED
17 Spaghetti w/Meat Sauce Peas Copper Pennies Fresh Banana Breadstick	18 Baked Ham Macaroni/Cheese Green Beans Pineapple Tidbits Roll	19 BBQ Hamburger/Bun Potato Salad Fiesta Corn Salad Sliced Apples	20 Oven Baked Chicken Garlic Mashed Potatoes Candied Carrots Mandarin Oranges Wheat Bread	21 CLOSED
24 Biscuit/Sausage Gravy Hard Boiled Egg Carrot Raisin Salad Applesauce Orange Juice	25 Fish Wedge /Tartar Sauce Parslied Potatoes Beet Salad Hush Puppies Pears	26 Chicken Salad Spinach Salad Macaroni Salad Fresh Apple Crackers *Birthday Treat*	27 Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll	28 CLOSED
				
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***				

HAPPY
Father's
DAY

Suggested Donation \$2.00 a meal.
 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

Nutrition and Oral Health

for Older Adults

GUM HEALTH



The chances of getting gum disease, or periodontitis, increases with age. As many as two out of three or **67%** of older adults in the United State have some level of gum disease, compared with less than four out of ten or **40%** for younger people. Cavities, gum disease and bacteria can cause tooth loss. The bacteria in the mouth can travel in your body affecting your health. Remember: good oral hygiene is important for healthy aging!

Have a dental cleaning performed by a dental hygienist and an oral health assessment by your dentist at least twice a year.

Brush your teeth every day with a fluoride toothpaste. Be sure to brush dentures too. Ask for help if needed.

Clean between your teeth everyday with floss or an interdental brush or pick. Ask for help if needed.

Ask your dentist about prescription-strength fluoride mouth rinses and fluoride varnishes if you have a history of tooth decay.

Medications can reduce saliva and may cause "Dry Mouth." Ask your healthcare provider what you can do to avoid "Dry Mouth."

Don't smoke or chew tobacco.

Don't eat foods high in sugar, especially sticky high-sugar foods or candies.

Created by

Drs. Sandos Alghamdi, Meaad Mogaddam
and Steffany Chamut
AGE Dental Public Health
Harvard School of Dental Medicine



This work supported by

The Gary and Mary West Foundation

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Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
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 BOWL	Fish Wedge/Tartar Sauce 1 Cheesy Potatoes 1/2c Peas/Carrots 1/2c Citrus Salad 1/2c Hush Puppies 3	CLOSED
10 Beef Patty w/Pep & Onions 1 Parslied Potatoes 1/2c Green Beans 1/2c Pears 1/2c Wheat Bread 1	11 Chicken/Noodles 1c Steamed Broccoli 1c Peaches 1/2c Wheat Bread 1	12 Taco Salad 1c (meat, beans, lettuce, cheese, toms) Pineapple Tidbits 1/2c Tortilla Chips 1 BOWL	13 Honey Glazed Pork Loin 1 Mashed Sweet Potatoes 1/2c Cooked Cabbage 1/2c Mixed Fruit 1/2c Roll 1	14 CLOSED
17 Spaghetti w/Meat Sauce 1c Peas 1/2c Copper Carrots 1/2c Fresh Banana 1 Breadstick 1	18 Baked Ham 1 Macaroni/Cheese 1/2c Green Beans 1/2c Pineapple Tidbits 1/2c Roll 1	19 BBQ Hamburger/Bun 1 Potato Salad 1/2c Fiesta Corn Salad 1/2c Sliced Apples 1/2c BOWL	20 Oven Baked Chicken 1 Garlic Mashed Potatoes Candied Carrots 1/2c Mandarin Oranges 1/2c Wheat Bread 1	21 CLOSED
24 Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Carrot Raisin Salad 1/2c Applesauce 1/2c Orange Juice 1 BOWL	25 Fish Wedge/Tartar Sauce 1 Parslied Potatoes 1/2c Beet Salad 1/2c Hush Puppies 3 Pears 1/2c	26 Chicken Salad 1/2c Spinach Salad 1c Macaroni Salad 1/2c Fresh Apple 1 Crackers 4 Packs *Birthday Treat* 1 BOWL	27 Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1	28 CLOSED
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