

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.

DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Goulash Corn Beet Salad Fresh Banana Wheat Bread	Chicken Tetrazzini Green Beans Fruit Salad Breadstick	Roast Beef Mashed Potatoes/Gravy Seasoned Peas Peaches Roll	Ham/Beans Coleslaw Fresh Orange Cornbread	CLOSED
9	10	11	12	13
Chili w/Beans Pea Salad Carcers Apricots	Biscuit/Sausage Gravy Hard Boiled Egg Carrot/Raisin Salad Citrus Salad Orange Juice	Beef Stew Spinach Salad Peaches Crackers	Chicken Marinara Spaghetti Noodles Seasoned Green Beans Applesauce Breadstick	CLOSED
16	17	18	19	20
Chicken/Noodles Country Green Beans Peaches Wheat Bread	Beef Patty w/Peppers/Onions Baked Potato Zucchini/Tomatoes Pears Wheat Bread	Meatloaf Mashed Potatoes/Gravy Buttered Carrots Mixed Fruit Roll	Taco Salad (meat, beans, toms/lettuce cheese) Corn Chips Mandarin Oranges *Birthday Treat*	CLOSED
23	24	25	26	27
Baked Ham Mac/Cheese Green Beans/Onions Pineapple Tidbits Roll	CLOSED CHRISTMAS HOLIDAY	CLOSED CHRISTMAS HOLIDAY	Cheeseburger/Bun Confetti Corn Tossed Salad Blushing Pears	CLOSED
30	31	<p>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***</p>		
Sloppy Joe/Bun Three Bean Salad Macaroni Salad Pears	CLOSED NEW YEARS HOLIDAY			

Happy Holidays



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



Unique Needs of People Ages 60+

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease.
- Choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein during your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, including lactose-free options or fortified soy beverage and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt.
- Maintain a healthy weight or prevent additional weight gain by following a healthy dietary pattern and adopting an active lifestyle.
- Learn how much to eat from all five food groups and find out how many calories you need each day to help you maintain energy using the MyPlate Plan.
- Try to prevent foodborne illness (food poisoning) by keeping food safe. Learn more about the four steps to safer food choices—Clean, Separate, Cook, and Chill— at FoodSafety.gov.

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Goulash 1c Corn 1/2c Beet Salad 1/2c Fresh Banana 1 Wheat Bread 1	Chicken Tetrazzini 1c Green Beans 1/2c Fruit Salad 1/2c Breadstick 1	Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Seasoned Peas 1/2c Peaches 1/2c Roll 1	Ham/Beans 1c Coleslaw 1/2c Fresh Orange 1 Cornbread 1	CLOSED
9	10	11	12	13
Chili w/Beans 1c Pea Salad 1/2c Crackers 4 Packs Apricots 1/2c	Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Carrot/Raisin Salad 1/2c Citrus Salad 1/2c Orange Juice 1 BOWL	Beef Stew 1c Spinach Salad 1/2c Peaches 1/2c Crackers 4 Packs	Chicken Marinara 1 Spaghetti Noodles 1/2c Seasoned Green Beans 1/2c Applesauce 1/2c Breadstick 1	CLOSED
16	17	18	19	20
Chicken/Noodles 1c Country Green Beans 1c Peaches 1/2c Wheat Bread 1	Beef Patty w/Peps/Onions 1 Baked Potato 1 Zucchini/Tomatoes 1/2c Pears 1/2c Wheat Bread 1	Meatloaf 1 Mashed Pots/Gravy 1/2c, 1/4c Buttered Carrots 1/2c Mixed Fruit 1/2c Roll 1	Taco Salad 1c (meat, beans, lettuce, cheese, toms) Mandarin Oranges 1/2c Corn Chips 1 *Birthday Treat* 1 BOWL	CLOSED
23	24	25	26	27
Baked Ham 1 Mac/Cheese 1/2c Green Beans/Onions 1/2c Pineapple Tidbits 1/2c Roll 1	CLOSED CHRISTMAS HOLIDAY	CLOSED CHRISTMAS HOLIDAY	Cheeseburger/Bun 1,1 Confetti Corn 1/2c Tossed Salad 1c Blushing Pears 1/2c	CLOSED
30	31			
Sloppy Joe/Bun 1/2c,1 Three Bean Salad 1/2c Macaroni Salad 1/2c Pears 1/2c BOWL	CLOSED NEW YEARS HOLIDAY	CLOSED NEW YEARS HOLIDAY		
<p>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***</p>				

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