

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.

NOVEMBER 2024

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Chicken/Noodles Seasoned 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	CLOSED
11	12	13	14	15
Baked Ham Mac/Cheese Green Beans/Onions Pineapple Tidbits Roll	Spaghetti w/Meat Sauce Peas Spinach Salad Banana Breadstick	BBQ Baked Chicken Garlic Mashed Potatoes Candied Carrots Fruit Salad Wheat Bread	Cheesburger/Bun Confetti Corn Tossed Salad Blushing Pears *Birthday Treat*	CLOSED
18	19	20	21	22
Sloppy Joe/Bun Three Bean Salad Macaroni Salad Pears	Grilled Chicken Patty Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll	Roast Beef Mashed Potatoes/Gravy Seasoned Corn Fruit Salad Roll	Biscuit/Sausage Gravy Hard Boiled Egg Mini Baby Carrots Red Applesauce 100% Juice	CLOSED
25	26	27	28	29
BBQ Hamburger/Bun Potato Salad Fiesta Corn Salad Mixed Fruit	Meatballs/Tomato Gravy Egg Noodles Mixed Vegetables Cinnamon Apples Wheat Bread	Smothered Pork Loin Parsiled Potatoes Peas/Carrots Mandarin Oranges/Pineapple Roll	CLOSED THANKSGIVING HOLIDAY	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\*\*\*



**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.

*Happy Thanksgiving!*

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



## Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks you choose each day help you meet daily nutrient needs, maintain a healthy body weight, and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars. The [My Dietary Supplement and Medicine Record](#) can help you track your supplement and medicine use.

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**NOVEMBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Chicken/Noodles 1c 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	CLOSED
11	12	13	14	15
Baked Ham 1 Mac/Cheese 1/2c Green Beans/Onions 1/2c Pineapple Tidbits 1/2c Roll 1	Spaghetti w/Meat Sauce 1c Peas 1/2c Spinach Salad 1c Fresh Banana 1 Garlic Breadstick 1	BBQ Baked Chicken 1 Garlic Mashed Potatoes 1/2c Candied Carrots 1/2c Fruit Salad 1/2c Wheat Bread 1	Cheeseburger/Bun 1,1 Confetti Corn 1/2c Tossed Salad 1c Blushing Pears 1/2c *Birthday Treat* 1	BOWL CLOSED
18	19	20	21	22
Sloppy Joe/Bun 1/2c,1 Three Bean Salad 1/2c Macaroni Salad 1/2c Pears 1/2c	Grilled Chicken Patty 1 Dressing/Gravy 1/2c, 1/4c Green Beans 1/2c Cranberry Sauce 1/4c Peaches/Strawberries 1/2c Roll 1	Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Seasoned Corn 1/2c Fruit Salad 1/2c Roll 1	Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Mini Baby Carrots 1 Red Applesauce 1/2c 100 % Juice 1	BOWL CLOSED
25	26	27	28	29
BBQ Hamburger/Bun 1,1 Potato Salad 1/2c Fiesta Corn Salad 1/2c Mixed Fruit 1/2c	Meatballs/Tomato Gravy 6 Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c Wheat Bread 1	Smothered Pork Loin 1 Parsiled Potatoes 1/2c Peas/Carrots 1/2c Mandarin Oranges/Pineapple 1/2c Roll 1	CLOSED THANKSGIVING HOLIDAY	BOWL CLOSED

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