



Southeast Kansas Area Agency on Aging

January 2025

Monday	Tuesday	Wednesday	Thursday
		1 CLOSED	2 Biscuit/Sausage Gravy Hard Boiled Egg Carrots Sticks Applesauce 100% Juice Milk
6 BBQ Hamburger/Bun Potato Salad Fiesta Corn Salad Mixed Fruit Milk	7 Meatballs/Tomato Gravy Egg Noodles Mixed Vegetables Cinnamon Apples Wheat Bread Milk	8 Shepherds Pie Pineapple Tidbits Wheat Bread Milk	9 Orange Chicken Steamed Rice Winter Blend Vegetables Fresh Fruit Wheat Bread Milk
13 Goulash Corn Beet Salad Fresh Banana Wheat Bread Milk	14 Chicken Tetrizzini Green Beans Fruit Salad Breadstick Milk	15 Roast Beef Mashed Potatoes/Gravy Peas Peaches Roll Milk	16 Ham/Beans Coleslaw Fresh Orange Cornbread Milk
20 Chili w/Beans Pea Salad Mixed Fruit Applesauce Wheat Bread Milk	21 Biscuit/Sausage Gravy Hard Boiled Egg Carrots/Raisin Salad Citrus Salad 100% Juice Milk	22 Beef Stew Spinach Salad Peaches Crackers Milk	23 Chicken Marinara Spaghetti Noodles Green Beans Mixed Fruit Wheat Bread Milk
27 Chicken/Noodles Peas/Onions Peaches Wheat Bread Milk	28 Beef Patty w/Peps/Onions Baked Potato Zucchini/Toamtoes Pears Wheat Bread Milk	29 Meatloaf Mashed Potatoes/Gravy Butter Carrots Sliced Apples Wheat Bread Milk	30 Taco Salad (meat, beans ,toms, lettuce, cheese) Corn Chips Mandarin Oranges Milk

Encouraged Donation of \$2.00 per meal.

Donations can be made out to: SEK-AAA P.O. Box J Chanute, KS 66720

Online at sekaaa.com

SNAP: Call Chanute Office 620-431-2980

To Order or Cancel a Meal Please call between 9am - 12pm the day before.

Pittsburg at 620-232-7443

Coffeyville at 620-251-7313

Consultation with SEK-AAA Dietitian may be arranged. This institution is an equal opportunity provider.

BE PREPARED FOR EMERGENCIES

Often when emergencies such as ice storms strike, the elderly are isolated. Vans that take people places cannot run on schedule due to driving hazards. The meals on which people depend may not be delivered on schedule. An ideal situation is to be prepared for an emergency **BEFORE** it happens. Below is a list of suggested foods and materials to set aside in an easily accessible location. It is suggested you purchase enough food for at least seven (7) days.

Due to the canning process, you can eat these foods without cooking (in the event you do not have access to a stovetop) including:

Cut Green Beans	Sliced Carrots	Whole Kernel Corn	Orange Juice
Sweet Peas	Sliced Beets	Mixed Vegetables	Sweet Potatoes
Pineapple Juice	Grapefruit Juice	Apricots Halves	Fruit Cocktail
Sliced Pears	Chunk Ham	White Meat Chicken	Pork n' Beans
Beef Stew	Non-Fat Dry Milk	Chunk Light Tuna (Water Packed)	
Graham Crackers	Cookies	Corn Flakes	Rice Krispies

Other suggestions: Granola bars, dried fruits, such as prunes/raisins, canned corned beef, Spam, salmon, sardines, peanut butter, canned puddings, cheese spread, jelly, ham, marmalade, etc. Keep a manual can opener, as electric power may out due to downed power lines and disposable utensils. Also, keep bottled water in case water mains freeze. Always have extra batteries on hand.

Additionally, the Red Cross suggests the following for seniors:

- ❖ Plan and practice the best escape routes from your home.
- ❖ Plan for transportation if you need to evacuate to a Red Cross shelter.
- ❖ Find the safe places in your home for each type of emergency.
- ❖ Post emergency phone numbers near the phone.
- ❖ If you have home health care, plan ahead with your agency for emergency procedures.
- ❖ Teach those who may need to assist you in an emergency, how to operate necessary equipment. Be sure they will be able to teach.

If the weather is questionable, please listen to **Chanute KKOY, Coffeyville KGGF, Pittsburg KKOW, KOAM CH 7 or KTUL CH 8.** Look and listen for the name of your central kitchen to determine if your site will be closed. You may also call your local nutrition site manager to find out if the meals are cancelled.

EMERGENCY AND HOLIDAY MEALS: Throughout the winter we will be offering frozen meals for you to store in your freezer, if we are closed and unable to deliver due to the weather or closed for the holiday(s).



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		1 CLOSED	2 Biscuit/Sausage Gravy 1,1c Hard Boiled Egg 1 Carrots Sticks 1 Applesauce 1/2c 100% Juice 1 Milk 1
6 BBQ Hamburger/Bun 1,1 Potato Salad 1/2c Fiesta Corn Salad 1/2c Mixed Fruit 1/2c Milk 1	7 Meatballs/Tomato Gravy 6 Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c Wheat Bread 1 Milk 1	8 Shepherds Pie 1c Pineapple Tidbits 1/2c Wheat Bread 1 Milk 1	9 Orange Chicken 1/2c Steamed Rice 1/c Winter Blend Vegetables 1/2c Wheat Bread 1 Fresh Fruit 1 Milk 1
13 Goulash 1c Corn 1/2c Beet Salad 1/2c Fresh Banana 1 1 Wheat Bread 1 Milk 1	14 Chicken Tetrizzini 1c Green Beans 1c Fruit Salad 1/2c Breadstick 1 Milk 1	15 Roast Beef 1 Mashed Pots/Gravy 1/2, 1/4c Peas 1/2c Peaches 1/2c Roll 1 Milk 1	16 Ham/Beans 1c Coleslaw 1/2c Fresh Orange 1 Cornbread 1 Milk 1
20 Chili w/Beans 1c Pea Salad 1/2c Mixed Fruit 1/2c Wheat Bread 1 Applesauce 1/2c Milk 1	21 Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Carrots/Raisin Salad 1/2c Citrus Salad 1/2c 100% Juice 1 Milk 1	22 Beef Stew 1c Spinach Salad 1/2c Crackers 3 Packs Peaches 1/2c Milk 1	23 Chicken Marinara 1 Spaghetti Noodles 1/2c Green Beans 1/2c Wheat Bread 1 Mixed Fruit 1/2c Milk 1
27 Chicken/Noodles 1c Peas/Onions 1/2c Peaches 1/2c Wheat Bread 1 Milk 1	28 Beef Patty w/Peps/Onions 1 Baked Potato 1 Zucchini/Toamtoes 1/2c Pears 1/2c Wheat Bread 1 Milk 1	29 Meatloaf 1 Mashed Pots/Gravy 1/2, 1/4c Butter Carrots 1/2c Sliced Apples 1/2c Wheat Bread 1 Milk 1	30 Taco Salad 1c (meat, beans ,toms, lettuce, cheese) Corn Chips 1 Mandarin Oranges 1/2c Milk 1

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Shepherds Pie

Portion Size: 1 svq (3" x 3")

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Ingredients	375 Servings	400 Servings	425 Servings
Onion, Yellow Fresh, chopped	1 gal 2 qt	1 gal 2 qt	1 gal 3 qt
Margarine, Solids	1 lb	1 lb 1 oz	1 lb 2 oz
Beef, Ground	115 lbs 4 oz	123 lbs	130 lbs 10 oz
Salt, Iodized	1 cup 7 Tbsp	1½ cups	1 2/3 cups
Pepper, Black Ground	4 Tbsp	4 Tbsp	4 Tbsp 1 tsp
Carrots, Fresh, diced	11 lbs 12 oz	12½ lbs	13 lbs 4 oz
Tomatoes, Diced, Cnd, or crushed	7 7/8 No. 10 cans	8 3/8 No. 10 cans	8 7/8 No. 10 cans
Flour, All Purpose	3 qt	3 qt	3 qt 1 cup
Water	3 qt	3 qt	3 qt 1 cup
Peas, Green Cnd, drained	7 7/8 No. 10 cans	8 3/8 No. 10 cans	8 7/8 No. 10 cans
Potato, Mashed, Instant (complete), prepared	7 gal 3 qt	8 gal 1 qt	8 gal 3 qt
Cheese, Cheddar, Shredded	5 lbs 14 oz	6¼ lbs	6 lbs 10 oz

Preheat oven to 350° F. -- Convection oven to 300° F.
 CCP--Wash & sanitize hands & prep area. Wear gloves & discard per Facility HACCP guidelines.
 CCP--Thoroughly wash, rinse, drain & trim vegetables. Sanitize sink & use different sanitized cutting boards between prepping meats & vegetables.
 1. Sauté onions in margarine in kettle until golden; add ground beef. Cook & stir over medium heat until meat is broken up & well browned & no red juice remains. Drain & discard fat.
 2. Add salt, pepper, carrots & tomatoes to beef & simmer, covered for 20 minutes or until carrots are tender.
 3. Stir flour & water together to form a smooth paste; stir paste into hot mixture; cook & stir over medium heat until thickened.
 4. Add peas to meat mixture & simmer, uncovered for 10 more minutes; stirring occasionally. Divide mixture equally into each pan (24 servings per pan).
 5. Spread mashed potatoes over mixture in each pan; bake 15 minutes or until potatoes are lightly browned. Sprinkle with shredded cheese.
 CCP--Final Cooking Temperature must reach >155° F, for at least 15 seconds.
 To Serve: Cut each pan to achieve a 3" x 3" svq. (Suggest serving product in an individual ramekin or casserole dish).
 CCP: Maintain 135°F or above.
 CCP--Cool--Product must reach 70°F or less within 2 hours and 41°F or below within 4 hours. Total cooling time should not exceed 6 hours. Separate into shallow pans as needed for proper cooling. Cover, label & date.
 CCP--Reheat (one time only) to >165° F, for 15 seconds within 2 hrs.

Appliance/Equip: 12 x 20 x 4" Steam Table Pan **Oven Temp:** 350°F (325°F Convection)

Description: 3 oz pro, 1 veg, cnd peas

Variations: Serving Suggestion: Serve in individual ramekins or casserole dishes.
Note: Adjust cooking equipment based on number of servings prepared.
 Cook time, if applicable, may vary based on equipment used.

CCP Thawing: Beef, Ground - From frozen: Thaw in refrigerator, above poultry and below whole cuts of beef and pork and seafood, up to 3 days prior to cooking

Recipe Number: 36399

Allergies: Beef, Black Pepper, Carrots, Dairy, Gluten, Lactose, Legumes, Milk, Onion, Peas, Potatoes, Soy, Tomatoes, Wheat

Ingredients by Wt: Tomatoes, Diced, Cnd; Peas, Green Cnd; Carrots, Fresh ; Cheese, Cheddar, Shredded; Margarine, Solids; (No weight conversion available: Beef, Ground; Flour, All Purpose; Onion, Yellow Fresh; Pepper, Black Ground; Potato, Mashed, Instant (complete); Salt, Iodized; Water)

() USE 5-way mixed vegetables*
() Add garlic powder*