



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.

FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT. <b>WHEAT BREAD, MARGARINE &amp; 1% MILK SERVED WITH ALL MEALS</b> UNLESS OTHERWISE SPECIFIED. FRUIT PACKED IN OWN JUICES & LOW SODIUM BASES USED. ***MENU IS SUBJECT TO CHANGE***				
5 Biscuit/Sausage Gravy Hard Boiled Egg Mini Baby Carrots Red Applesauce Orange Juice	6 Chili Mac Creamy Coleslaw Pears Cornbread	7 Grilled Chicken Patty Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll	8 Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll	9 CLOSED
12 Porcupine Meatballs Aldente Egg Noodle Mixed Vegetables Cinnamon Apples	13 Sweet/Sour Chicken Steamed Rice Winter Blend Vegetables Fresh Orange *Birthday Treat*	14 Bierock Casserole/Biscuit Corn Zucchini/Tomatoes Pineapple Tidbits	15 Smothered Pork Loin Baked Potato Peas/Carrots Mandarin Oranges Roll	16 CLOSED
19 CLOSED PRESIDENT'S DAY HOLIDAY	20 Ham/Beans/Onions Creamy Coleslaw Fresh Orange Cornbread	21 Roast Beef Mashed Potatoes/Gravy Peas Peaches	22 Chicken Tetrazzini Green Beans Mixed Fruit Breadstick	23 CLOSED
26 Beef Stew Macaroni Salad Peaches Cornbread	27 Chicken Marinara Spaghetti Noodles Green Beans Applesauce Breadstick	28 Chili w/ Beans Coleslaw Apricots Crackers 4 Packs	29 Fish Wedge w/Tartar Sauce Cheesy Mashed Potatoes Peas/Onions Citrus Salad Hush Puppies	

Happy  
**VALENTINE'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



# ABCD Guide for Healthy Living

for Older Adults

## HEALTHY HABITS

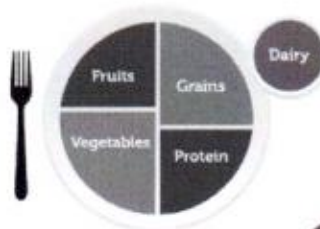


Do you feel as good now as you did at age 40 or at age 50? Healthy habits may help to make you feel better. While it may seem like a lot of work to change your habits, it will be worth it. Even small changes can improve your health. **Healthy habits are easier than you think. Include A,B,C and D in your daily habits.**

**A**ctive living (physical activity)



**B**alanced diet



**C**ut out smoking and alcohol



**D**ecrease sugar intake



Share your health and lifestyle habits with your dental and healthcare providers. They can help you maintain a healthy, independent life.

### 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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5 Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Mini Baby Carrots 1 Red Applesauce 1/2c Orange Juice 1 BOWL	6 Chili Mac 1c Creamy Coleslaw 1/2c Pears 1/2c Cornbread 1 BOWL	7 Grilled Chicken Patty 1 Dressing/Gravy 1/2c, 1/4c Green Beans 1/2c Cranberry Sauce 1/4c Peaches/Strawberries 1/2c Roll 1	8 Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1	9 CLOSED
12 Porcupine Meatballs 6 Aldente Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c	13 Sweet/Sour Chicken 1/2c Brown Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1 *Birthday Treat* 1	14 Bierock Casserole/Biscuit 1/2c, 1 Corn 1/2c Zucchini/Tomatoes 1/2c Pineapple Tidbits 1/2c	15 Smothered Pork Loin 1 Baked Potato 1 Peas/Carrots 1/2c Mandarin Oranges 1/2c Roll 1	16 CLOSED
19 CLOSED PRESIDENT'S DAY HOLIDAY	20 Ham/Beans/Onions 1c Creamy Coleslaw 1/2c Fresh Orange 1 Cornbread 1 BOWL	21 Roast Beef 1 Mashed Potatoes/Gravy 1/2c, 1/4c Peas 1/2c Peaches 1/2c	22 Chicken Tetrazinni 1c Green Beans 1c Mixed Fruit 1/2c Breadstick 1	23 CLOSED
26 Beef Stew 1c Macaroni Salad 1/2c Peaches 1/2c Cornbread 1 BOWL	27 Chicken Marinara 1 Spaghetti Noodles 1/2c Green Beans 1/2c Applesauce 1/2c Breadstick 1 BOWL	28 Chili w/ Beans 1c Coleslaw 1/2c Apricots 1/2c Crackers 4 Packs BOWL	29 Fish Wedge w/Tartar Sauce 1 Cheesy Mashed Potatoes 1/2c Peas/Onions 1/2c Citrus Salad 1/2c Hush Puppies 3	CLOSED

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