



**Southeast Kansas Area Agency on Aging
60+ Nutrition
February 2025 Menu**

Monday	Tuesday	Wednesday	Thursday
3	4	5	6
Baked Ham	Spaghetti w/Meat Sauce	Salmon Loaf *	Cheeseburger/Bun
Mac & Cheese	Peas	Cream Peas	Confetti Corn
Green Beans w/onions	Spinach Salad	Mashed Potatoes	Spinach Salad
Pineapple	Breadstick	Mixed Fruit	Blushing Pears
Roll	Banana	Slice of bread	
Milk	Milk	Milk	Milk
10	11	12	13
Sloppy Joe/Bun	Chicken & Dressing	Biscuit/Gravy	Roast Beef
Three Bean Salad	Green Beans	Hard Boiled Egg	Mashed Potatoes/Gravy
Macaroni Salad	Cranberry Sauce	Carrot Sticks	Corn
Pears	Peaches and Strawberry	Applesauce	Fruit Salad
	Roll	100% Juice	Roll
Milk	Milk	Milk	Milk
17	18	19	20
	Meatballs/tomato Gravy	Shepard Pie	Orange Chicken
President Day	Egg Noodles	Tossed Salad	Steamed Rice
Closed	Mixed Vegetables	Pears	Winter Blend Vegetables
No Meals	Slice of Bread	Slice of bread	Slice of Bread
	Applesauce	Birthday treat	Fresh Fruit
	Milk	Milk	Milk
24	25	26	27
Goulash	Chicken Tetrazzini	BBQ Burger/Bun	Ham/Beans
Corn	Green Beans	Potato Salad	Coleslaw
Beet Salad	Breadstick	Fiesta Corn Salad	Cornbread
Banana	Fruit Salad	Mixed Fruit	Fresh Orange
Bread Stick			
Milk	Milk	Milk	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.



Do you have some free time between 10 am - Noon? Would you like to give back to the community? SEKAAA 60+ Nutrition may be able to help. We are looking for people to deliver meals to the homebound individuals Mon - Thurs. If you are able to deliver one day or all four days in your home community, we would love to work with you!

Call 1-800-794-2440