

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.

**MARCH 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Beef Patty w/Pep & Onions Parslled Potatoes Green Beans Pears	Chicken/Noodles Steamed Broccoli Peaches	Honey Glazed Pork Loin Mashed Sweet Potatoes Corn Cinnamon Apples Roll	Meatloaf Mashed Potatoes/Gravy Buttered Carrots Mixed Fruit Roll	CLOSED
11	12	13	14	15
Spaghetti w/Meat Sauce Tossed Salad Peas Fresh Banana Garlic Breadstick	Orange Chicken Brown Rice Mixed Vegetables Pears	Baked Ham Mac/Cheese Green Beans/Onions Pineapple Tidbits Roll	BBQ Baked Chicken Garlic Mashed Potatoes Candied Carrots Mandarin Oranges	CLOSED
18	19	20	21	22
Biscuit/Sausage Gravy Hard Boiled Egg Mini Baby Carrots Red Applesauce Orange Juice	Chili Mac Creamy Coleslaw Pears Cornbread *Birthday Treat*	Grilled Chicken Patty Dressing/Gravy Green Beans Peaches/Strawberries Cranberry Sauce Roll	Roast Beef Mashed Potatoes/Gravy Confetti Corn Fruit Salad Roll	CLOSED
25	26	27	28	29
Porcupine Meatballs Aldente Egg Noodle Mixed Vegetables Cinnamon Apples	Sweet/Sour Chicken Steamed Rice Winter Blend Vegetables Fresh Orange	Bierock Casserole/Biscuit Corn Zuchinni/Tomatoes Pineapple Tidbits	Smothered Pork Loin Baked Potato Peas/Carrots Mandarin Oranges Roll	CLOSED
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***				



**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.

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



# Nutrition and Oral Health

for Older Adults

## CHEWING TIPS



Difficulty chewing does not have to mean giving up flavorful and nutritious food, but it does require thinking about ways to prepare food. As you think about foods that are easier to chew, don't forget that some chronic health conditions require special dietary food choices that cannot be ignored, including diabetes, kidney disease, high cholesterol, gout, heart disease and high blood pressure. Consult with a physician before making changes to your diet. A registered dietician can also provide excellent recommendations and ideas to keep you enjoying food that also maintain and improve your health.



*Use a food processor or blender to finely dice vegetables and meats.*



**Yogurt**



**Berries**



**Bananas**



**Oatmeal**



**Cooked Beans**



**Cottage Cheese**



**Avocado**



**Applesauce**

**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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4	5	6	7	8
Beef Patty w/Pep & Onions 1 Parsiled Potatoes 1/2c Green Beans 1/2c Pears 1/2c	Chicken/Noodles 1c Steamed Broccoli 1c Peaches 1/2c	Honey Glazed Pork Loin 1 Mashed Sweet Potatoes 1/2c Corn 1/2c Cinnamon Apples 1/2c Roll 1	Meatloaf 1 Mashed Potatoes/Gravy 1/2c, 1/4c Buttered Carrots 1/2c Mixed Fruit 1/2c Roll 1	CLOSED
11	12	13	14	15
Spaghetti w/Meat Sauce 1c Tossed Salad 1c Peas 1/2c Fresh Banana 1 Garlic Breadstick 1	Orange Chicken 1/2c Brown Rice 1/2c Mixed Vegetables 1/2c Pears 1/2c	Baked Ham 1 Mac/Cheese 1/2c Green Beans/Onions 1/2c Pineapple Tidbits 1/2c	BBO Baked Chicken 1 Garlic Mashed Potatoes 1/2c Candied Carrots 1/2c Mandarin Oranges 1/2c	CLOSED
18	19	20	21	22
Biscuit/Sausage Gravy 1, 1c Hard Boiled Egg 1 Mini Baby Carrots 1 Red Applesauce 1/2c Orange Juice 1 BOWL	Chili Mac 1c Creamy Coleslaw 1/2c Pears 1/2c Cornbread 1 *Birthday Treat* 1	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 1/2c, 1/4c Confetti Corn 1/2c Fruit Salad 1/2c Roll 1	CLOSED
25	26	27	28	29
Porcupine Meatballs 6 Aldente Egg Noodles 1/2c Mixed Vegetables 1/2c Cinnamon Apples 1/2c	Sweet/Sour Chicken 1/2c Brown Rice 1/2c Winter Blend Vegetables 1/2c Fresh Orange 1	Bierock Casserole/Biscuit 1/2c, 1 Corn 1/2c Zucchini/Tomatoes 1/2c Pineapple Tidbits 1/2c	Smothered Pork Loin 1 Baked Potato 1 Peas/Carrots 1/2c Mandarin Oranges 1/2c Roll 1	CLOSED
<p>RESPONSIBILITY FOR COMPLIANCE WITH ANY DIETARY RESTRICTION REST WITH THE PARTICIPANT.  <b>WHEAT BREAD, MARGARINE &amp; 1% MILK SERVED WITH ALL MEALS</b>  <b>UNLESS OTHERWISE SPECIFIED.</b>  <b>FRUIT PACKED IN OWN JUICES &amp; LOW SODIUM BASES USED.</b>  <b>***MENU IS SUBJECT TO CHANGE***</b></p>				

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