

MAY 2024

60+ Dine – Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Allen County Regional Hospital cafeteria serves 60+ Dine meals Monday – Friday from 11:15 a.m. – 1 p.m.</p> <p>60+ Dine is a federally funded senior dining program administered by the Southeast Kansas Area Agency on Aging (SEKAAA). To learn more, call 620-431-2980 or visit: sekaaa.com/60-dine.</p>			<p>1 Pork chop w/ caramelized onion Cauliflower w/ cheese Mashed potato Side garden salad Half-slice wheat bread</p>	<p>2 Spaghetti w/ meat sauce Mixed vegetables Side spring mix salad Garlic bread</p>	<p>3 Chicken & noodles Broccoli Mashed potatoes Side garden salad</p>	<p>4</p>
<p>5</p>	<p>6 BBQ pulled pork sandwich Green beans French fries Side garden salad</p>	<p>7 Salisbury steak Prince Edward veg. Mashed potato w/ gravy Side garden salad Half-slice wheat bread</p>	<p>8 Salmon Au-gratin potatoes Carrot coins Side garden salad Half-slice bread</p>	<p>9 Taco salad w/chips Shredded cheese Lettuce Salsa</p>	<p>10 Tilapia Baby bakers Cauliflower Half-slice bread</p>	<p>11</p>
<p>12</p>	<p>13 Brisket Roasted red potatoes Mixed vegetables Side Caesar salad Half-slice bread</p>	<p>14 Swiss steak Green beans Sweet potatoes Half-slice bread</p>	<p>15 Chicken tenders Pickled beets Mashed potato w/gravy Side garden salad Half-slice wheat bread</p>	<p>16 Chicken cordon bleu Italian veg. blend Baby bakers Side spring mix salad</p>	<p>17 Lemon chicken Broccoli Au-gratin potatoes Side garden salad Half-slice wheat bread</p>	<p>18</p>
<p>19</p>	<p>20 Meatloaf California veg. blend Mashed potato w/ gravy Side garden salad Half-slice bread</p>	<p>21 Crispy chicken Peas Mashed potato w/ gravy Side garden salad Half-slice wheat bread</p>	<p>22 Pot roast w/ gravy Carrot coins Roasted red potatoes Side garden salad Half-slice bread</p>	<p>23 Hot turkey sand. w/ potato and gravy Roasted balsamic Brussel sprouts Side garden salad Half-slice wheat bread</p>	<p>24 BBQ meatballs Baby bakers Pea & cheese salad Half-slice bread</p>	<p>25</p>
<p>26</p>	<p>27 Chicken alfredo penne Italian veg. blend Side Caesar salad Garlic bread</p>	<p>28 BBQ baked chicken Green beans Baked potato Coleslaw Half-slice bread</p>	<p>29 Pork chop w/ caramelized onion Cauliflower w/ cheese Mashed potato Side garden salad Half-slice wheat bread</p>	<p>30 Spaghetti w/ meat sauce Mixed vegetables Side spring mix salad Garlic bread</p>	<p>31 Chicken & noodles Broccoli Mashed potatoes Side garden salad</p>	

All meals include whole fruit or ¼ c. fresh fruit and 2% milk. Complimentary tea and coffee are available.

For our monthly 60+ Dine menu, visit: saintlukeskc.org/60dine.