

APRIL 2024

60+ Dine – Meal Site Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Chicken alfredo penne Italian veg. blend Side Caesar salad Garlic bread	2 BBQ baked chicken Green beans Baked potato Coleslaw Half-slice bread	3 Pork chop w/ caramelized onion Cauliflower w/ cheese Mashed potato Side garden salad Half-slice wheat bread	4 Spaghetti w/ meat sauce Mixed vegetables Side spring mix salad Garlic bread	5 Chicken & noodles Broccoli Mashed potatoes Side garden salad	6
7	8 BBQ Pulled pork Sandwich Green Beans French fries Side garden salad	9 Salisbury steak Prince Edward veg. Mashed potato w/ gravy Side garden salad Half-slice wheat bread	10 Salmon Au-gratin potatoes Carrot coins Side garden salad Half-slice bread	11 Taco salad w/chips Shredded cheese Lettuce Salsa	12 Tilapia Baby bakers Cauliflower Half-slice bread	13
14	15 Brisket Roasted red potatoes Mixed vegetables Side Caesar salad Half-slice bread	16 Swiss steak Green beans Sweet potatoes Half-slice bread	17 Chicken tenders Pickled beets Mashed potato w/gravy Side garden salad Half-slice wheat bread	18 Chicken cordon bleu Italian veg. blend Baby bakers Side spring mix salad	19 Lemon chicken Broccoli Au-gratin potatoes Side garden salad Half-slice wheat bread	20
21	22 Meatloaf California veg. blend Mashed potato w/ gravy Side garden salad Half-slice bread	23 Crispy chicken Peas Mashed potato w/ gravy Side garden salad Half-slice wheat bread	24 Pot roast w/ gravy Carrot coins Roasted red potatoes Side garden salad Half-slice bread	25 Hot turkey sand. w/ potato and gravy Roasted balsamic Brussel sprouts Side garden salad Half-slice wheat bread	26 BBQ meatballs Baby bakers Pea & cheese salad Half-slice bread	27
28	29 Chicken alfredo penne Italian veg. blend Side Caesar salad Garlic bread	30 BBQ baked chicken Green beans Baked potato Coleslaw Half-slice bread	<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). Participants must register through SEKAAA to receive a meal card and add meals to their account. To learn more, call 620-431-2980 or visit: sekaa.com/nutrition.</p>			