

October 2026

60+ Dine – Meal Site Menu



Saint Luke's
Allen County
Regional Hospital

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60+ Dine meals are served Monday–Friday from 11:15 a.m.–1 p.m. 60+ Dine is a congregate meal program administered by Southeast Kansas Area Agency on Aging (SEKAAA). Program meals are for dine-in service only. SEKAAA representatives are onsite the first Tuesday of each month from 11 a.m.-1 p.m. to answer questions, accept new applications and donations, and add account meals. For questions about program rules or to learn more, call SEKAAA at 620-431-2980 or visit: SEKAAA.com/60-Dine.				1 Hot ham & cheese sandwich Potato soup w/ crackers Choice of salad Baked potato crisps	2 Parmesan crust tilapia Scalloped potatoes Peas Choice of salad Half-slice bread	3
4	5 Smothered pork chop Roasted red potatoes Steamed baby carrots Side garden salad Half-slice bread	6 Chicken tenders Mashed potato w/ gravy California blend veg. Side garden salad Crackers <i>SEKAAA onsite 11 a.m.-1 p.m.</i>	7 Ham & beans Carrot coins Side garden salad Cornbread	8 Hamburger steak Mashed potato w/ gravy Green beans Side garden salad Half-slice bread	9 Salmon patty Macaroni & cheese Peas Side garden salad Cornbread	10
11	12 Chicken & noodles Mashed potato Italian blend vegetable Side garden salad Half-slice bread	13 Chili w/ cheese & crackers Side garden salad Cornbread	14 Glazed ham Sweet potatoes Peas Side garden salad Half-slice bread	15 Pot roast Mashed potato w/ gravy Green beans Side garden salad Half-slice bread	16 Potato crunch pollack Au gratin potatoes Mixed vegetable Side garden salad Half-slice bread	17
18	19 Beef stew Steamed cabbage Side garden salad Biscuit	20 Beef taco salad w/ tortilla chips Lettuce, tomato & onion Shredded cheese Refried beans	21 Liver & onions Roasted red potatoes Mixed vegetable Side garden salad Half-slice bread	22 Spaghetti w/ meat sauce Green beans Side garden salad Garlic toast	23 Baked Cod Baby bakers Creamed peas Side garden salad Half-slice bread	24
25	26 Chicken fried steak Mashed potato w/gravy Green beans Side garden salad Half-slice bread	27 Hot roast turkey Mashed potato w/ gravy Pickled beets Side garden salad Half-slice bread	28 Chicken Kiev Baby bakers Cauliflower w/ cheese Side garden salad Half-slice bread	29 Hot ham & cheese sandwich Potato soup w/ crackers Choice of salad Baked potato crisps	30 Parmesan crust tilapia Scalloped potatoes Peas Choice of salad Half-slice bread	31

All meals include whole fruit or ¾ c. fresh fruit and 2% milk. Complimentary tea and coffee are available.

Find our 60+ Dine menu online: SaintLukesKC.org/60Dine.