November 2026

60+ Dine – Meal Site Menu

BJC Health | Saint Luke's Allen County Regional Hospital

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Smothered pork chop Roasted red potatoes Steamed baby carrots Side garden salad Half-slice bread	3 Chicken tenders Mashed potato w/ gravy California blend veg. Side garden salad Crackers SEKAAA onsite 11 a.m.-1 p.m.	4 Ham & beans Carrot coins Side garden salad Cornbread	5 Hamburger steak Mashed potato w/ gravy Green beans Side garden salad Half-slice bread	6 Salmon patty Macaroni & cheese Peas Side garden salad Cornbread	7
8	9 Chicken & noodles Mashed potato Italian blend vegetable Side garden salad Half-slice bread	10 Chili w/ cheese & crackers Side garden salad Cornbread	11 Glazed ham Sweet potatoes Peas Side garden salad Half-slice bread	12 Pot roast Mashed potato w/ gravy Green beans Side garden salad Half-slice bread	13 Potato crunch pollack Au gratin potatoes Mixed vegetable Side garden salad Half-slice bread	14
15	16 Beef stew Steamed cabbage Side garden salad Biscuit	17 Beef taco salad w/ tortilla chips Lettuce, tomato & onion Shredded cheese Refried beans	18 Liver & onions Roasted red potatoes Mixed vegetable Side garden salad Half-slice bread	19 Spaghetti w/ meat sauce Green beans Side garden salad Garlic toast	20 Baked cod Baby bakers Creamed peas Side garden salad Half-slice bread	21
22	23 Chicken fried steak Mashed potato w/gravy Green beans Side garden salad Half-slice bread	24 Hot roast turkey Mashed potato w/ gravy Pickled beets Side garden salad Half-slice bread	25 Chicken Kiev Baby bakers Cauliflower w/ cheese Side garden salad Half-slice bread	26 Thanksgiving holiday No 60+ Dine meal served	27 Thanksgiving holiday No 60+ Dine meal served	28
29	30 Smothered pork chop Roasted red potatoes Steamed baby carrots Side garden salad Half-slice bread					

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.

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.