

JULY 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 Tilapia Baby bakers Cauliflower 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 BBQ baked chicken Green beans Baked potato Coleslaw 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 Side garden salad 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	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 Tilapia Baby bakers Cauliflower Half-slice bread	31 Pork chop w/ caramelized onion Cauliflower w/ cheese Mashed potato Side garden salad Half-slice wheat bread	<p>60+ Dine meals are served Monday – Friday from 11:15 a.m. – 1 p.m.</p> <p>60+ Dine meals are available for dine-in service only. 60+ Dine is a congregate meal program administered by Southeast Kansas Area Agency on Aging (SEKAAA) with funding provided by the Older Americans Act (OAA). To learn more, call SEKAAA at 620-431-2980 or visit: sekaaa.com/60-dine.</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.