

SEPTEMBER 2024

60+ Dine – Meal Site Menu



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day Holiday No 60+ Dine Meals	3 Swiss steak Baked potato Green beans Side garden salad Half-slice bread	4 Chicken tenders Mashed potato w/gravy Baby carrots Side garden salad Half-slice wheat bread	5 Chicken & noodles Mashed potatoes Broccoli Side spring mix salad	6 Pork loin with gravy Sweet potatoes Spinach Side garden salad Half-slice wheat bread	7
8	9 Meatloaf Au gratin potatoes California veg. blend Side garden salad Half-slice bread	10 Crispy chicken Mashed potato w/ gravy Green beans Side garden salad Half-slice wheat bread	11 Pot roast w/ gravy Roasted red potatoes Carrot coins Side garden salad Half-slice bread	12 Hot turkey sand. w/ potato and gravy Roasted balsamic Brussel sprouts Side garden salad	13 BBQ baked chicken Baked potato Mixed vegetables Half-slice bread	14
15	16 Chicken alfredo penne Italian veg. blend Side garden salad Garlic bread	17 Potato crusted pollock Baby bakers Zucchini and tomatoes Side garden salad Half-slice bread	18 Pork chop w/ caramelized onion Mashed potatoes Cauliflower w/ cheese Side garden salad Half-slice wheat bread	19 BBQ meatballs Au gratin potatoes Pea salad Half-slice bread	20 Chicken cordon bleu Baked potato Italian veg. blend Side garden salad Half-slice bread	21
22	23 BBQ pulled pork sandwich French fries Green beans Side garden salad	24 Salisbury steak Mashed potato w/ gravy Prince Edward veg. Side garden salad Half-slice wheat bread	25 Salmon Scalloped potatoes Carrot coins Side garden salad Half-slice bread	26 Taco salad w/chips Shredded cheese Lettuce Salsa	27 Lemon honey chicken Au gratin potatoes Peas Side garden salad Half-slice bread	28
29	30 Brisket Roasted red potatoes Mixed vegetables Side garden salad Half-slice 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). Meals to go and any additional menu items may be purchased from the hospital's cafeteria at regular menu prices.</p> <p>To learn more, call SEKAAA at 620-431-2980 or visit: sekaa.com/60-dine.</p>				

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

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