



Monday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Green Beans or Carrots
Apple or Pear
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

Option 2:

Homemade Meatloaf
Whole Wheat bread
Green Beans or Carrots
Apple or Pear
Milk or Low Fat/Fat Free Yogurt
Pat of Butter

PLEASE NOTE - Substitutions are not allowed per the meal guidelines set for the program.
You are welcome to purchase items not included. Thank you!



901 Oak St, Valley Falls, KS 66088



Tuesday Menu

Option 1:

Baked Chicken

Whole Wheat bread

Sweet Potato or Spinach

Banana or Apple

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Pulled Pork

Whole Wheat Hamburger Bun or Roll

Sweet Potato or Spinach

Banana or Apple

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

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YOUR NEIGHBORHOOD FOOD STORE
901 Oak St, Valley Falls, KS 66088



Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Wednesday Menu

Option 1:

Hot Roast Beef

Whole Wheat bread

Mashed Potatoes with gravy and Mixed Vegetables

Orange or Banana

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Baked Chicken Patty Sandwich

Whole Wheat Hamburger Bun

Mashed Potatoes with gravy and Mixed Vegetables

Orange or Banana

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

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Thursday Menu

Option 1:

Baked Chicken

Whole Wheat bread

Corn or Black Beans

Pear or Apple

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Chicken or Beef Soft Taco

Whole Wheat Tortilla

Corn or Black Beans

Pear or Apple

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

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Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Friday Menu

Option 1:

Baked Chicken

Whole Wheat bread

Beets or Steamed Cauliflower

Orange or Banana

Milk or Low Fat Cottage Cheese

Pat of Butter

Option 2:

Baked Fish

Whole Wheat bread

Beets or Steamed Cauliflower

Orange or Banana

Milk or Low Fat Cottage Cheese

Pat of Butter

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Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Saturday Menu

Option 1:

Baked Chicken
Whole Wheat bread
Steamed Broccoli
Mashed Potatoes with gravy
Apple or Banana
Milk or Low Fat/Fat Free Yogurt
Pat of butter

Option 2:

Pulled Pork
Whole Wheat Hamburger bun or Roll
Steamed Broccoli
Mashed Potatoes with gravy
Apple or Banana
Milk or Low Fat/Fat Free Yogurt
Pat of butter

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YOUR NEIGHBORHOOD FOOD STORE
901 Oak St, Valley Falls, KS 66088



Choosing Healthy Appetizing Meal Plan Solutions for Seniors

Sunday Menu

Option 1:

Baked Chicken

Whole Wheat bread

Peas and Mashed Potatoes with gravy

Orange or Pear

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

Option 2:

Roast Beef

Whole Wheat bread

Peas and Mashed Potatoes with gravy

Orange or Pear

Milk or Low Fat/Fat Free Yogurt

Pat of Butter

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