Southeast Kansas Area Agency on Aging
60+ Nutrition
October 2026 Menu

Monday	Tuesday	Wednesday	Thursday
			1
			Chicken Alfredo California Blend Dinner Roll Pineapple Milk
5	6	7	8
Orange Chicken White Rice Garlic Green Beans Steam Broccoli Mandarin Oranges Milk	Beef Taco Salad Lettuce,Tomato,Onion,Shred Cheese Corn Chips Fiesta Blend Vegetables Fruit Cocktail Milk	Spaghetti with Meatsauce Mixed Vegetables Cottage Cheese Bread Stick Spiced Peaches Milk	Baked BBQ Chicken California Blend Cheesy Potatoes Dinner Roll Pears Milk
12	13	14	15
Chicken Tetrazzini Broccoli Dinner Roll Mixed Fruit Milk	Beef Enchalada Casserole Spanish Rice Fiesta Vegatable Blend Peaches Milk	Baked Ham Oven Roasted Sweet Potaoes Buttered Mixed Vegetable Dinner Roll Applesauce Milk	Tuna Casserole Green Beans Carrots Dinner Roll Mixed Fruit Milk
19	20	21	24
Tater Tot Casserole Buttered Carrots Garlic Greenbeans W.W. Dinner Roll Mandarin Oranges Milk	Chili Seasoned Corn Cornbread Peaches Cinnamon Rolls Milk	Biscuits & Gravy Sausage Patties Hard Boiled Egg Baby Carrots Sticks Fruit Cup Milk	Roast beef w/ Gravy Mashed Potatoes w/ Gravy Chuckwagon Vegetable Blend W.W. Sliced Bread Blushing Pears Milk
26	27	28	29
Baked Fish Roasted Sweet Potatoes Buttered Peas Fruit Cocktail W.W. Dinner Roll Milk	Chicken Broccoli Rice Casserole Oven Roasted Zucchini & Squash W.W. Dinner Roll Pumpkin Cake w/ Frosting Grapes Milk	Beef Goulash Vegetable Blend Mashed Potatoes w/ Gravy W.W. Dinner Roll Blushing Pears Milk	Ham & Beans Mixed Vegetables Cornbread Peaches Milk

Encouraged Donation of $3.00

Donations can be made to: SEK-AAA P.O. Box J, Chanute, KS 66720

P: Call Chanute Office **620-431-2980** Online at sekaaa.com

To Order or Cancel a Meal Please call between 9 am-12pm the day before.

Pittsburg Kitchen **620-232-7443** Coffeyville Kitchen: **620-251-7313**

Consulatation with SEK-AAA Dietitian may be arranged. This institution is an equal opportunity provider

Menu subject to change.

OCTOBER

Healthy Weight Focus:

EAT NUTRIENT-DENSE, STAY ACTIVE

This October, enjoy seasonal fruits and vegetables and stay active to support a healthy weight and boost your immune system. Small changes today lead to a healthier tomorrow!

EAT NUTRIENT-DENSE FOODS

Nutrient-dense foods provide vitamins, minerals, fiber, protein, and healthy fats without excess calories.

VEGETABLES & FRUITS

Enjoy seasonal favorites—pumpkin, squash, apples, pears, and more. Try roasted vegetables or add fruit to oatmeal or salads.

PROTEIN

Choose lean meats, fish, beans, lentils, eggs, or low-fat dairy. These help maintain muscle and keep you strong.

DAIRY

Choose low-fat or fat-free dairy foods for calcium and vitamin D.

WHOLE GRAINS

Add whole grains like brown rice, whole wheat pasta, quinoa, and oats.

SMART SNACKS

Try roasted chickpeas, yogurt with fruit, or apple slices with peanut butter.

SAMPLE OCTOBER MEAL IDEAS

Stuffed Acorn Squash
Quinoa, beans, and veggies.

Apple & Spinach Salad
With nuts and a light vinaigrette.

Pumpkin Oatmeal Topped with cinnamon
Warm, filling, and heart-healthy.

Yogurt & Sweet Potato Parfait
Greek yogurt, fruit, and nuts.

DID YOU KNOW?

- Eating seasonal foods can be more nutritious
- Physical activity boosts your immune system
- Small daily choices lead to big health benefits
- Staying active improves mood and energy
- Healthy habits support a stronger, longer life

STAY ACTIVE

Physical activity helps maintain healthy weight, improves energy, and reduces chronic disease risk.

Aim for at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week.

Include both aerobic exercise (walking, swimming, cycling) and muscle-strengthening activities (resistance bands, weights) at least twice a week.

Even light activity—like walking after meals—supports weight management.

PRACTICAL TIPS FOR LOW APPETITE

- If appetite is low, eat small, frequent portions
- Choose high-protein, high-fiber snacks
- Add healthy fats like nuts, avocado, or peanut butter
- Keep easy-to-prepare snacks and cut-up veggies handy
- Stay hydrated—sometimes thirst is mistaken for hunger

BOTTOM LINE:
Combine nutrient-dense foods with regular physical activity and healthy habits to support your weight, immunity, and long-term health.