



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

Monday	Tuesday	Wednesday	Thursday
	1	2	3
	Orange Chicken White Rice Garlic Green Beans Steam Broccoli Mandarin Oranges Milk	Ham & Beans Roasted Brussel Sprouts Buttered Carrots Peaches Crackers Milk	Beef Taco Salad Lettuce,Tomato,Onion,Shred Cheese Corn Chips Fiesta Blend Vegetables Fruit Cocktail Milk
7	8	9	10
Closed For Holiday	Cheese Burger BBQ Baked Beans Cole Slaw Pineapple & Strawberries mix Milk	Herbed Pork Loin Garlic Mashed Potato California Blend Vegetables W.W. Dinner Roll Fruit Cup Milk	Lasagna Italian Blend Vegetable Corn Breadstick Blushing Pears Milk
14	15	16	17
BBQ Pulled Pork on a Bun Cole Slaw BBQ Baked Beans Banana Milk	Oven Baked Chicken w/gravy Mashed Potatoes Broccoli Pears W.W. Dinner Roll Milk	Chef Salad w/Turkey & Shred Cheese Marinated Tomato,Cucumber,Onion Hard Boiled Egg Blueberries & Strawberries Crackers Milk	Tuna Salad W.W. Bread-2 Slices Carrot-Raisin Salad 2-Sliced Tomatoes-Leaf Lettuce Oranges Milk
21	22	23	24
Chicken Pot Pie Green Beans Peaches W.W. Dinner Roll Milk	Homemade Meatloaf Roasted Rosemary Potatoes Glazed Carrots Breadstick Applesauce Milk	Roast beef w/ Gravy Mashed Potatoes w/ Gravy Chuckwagon Vegetable Blend W.W. Sliced Bread Peaches Milk	Biscuits & Gravy Sausage Patties Hard Boiled Egg Baby Carrots Sticks Fruit Cup Milk
28	29	30	
Baked Fish Roasted Sweet Potatoes Buttered Peas Fruit Cocktail W.W. Dinner Roll Milk	Chili Seasoned Corn Side Salad Cornbread Cinnamon Rolls Milk	Beef Stew Green Beans W.W. Dinner Roll Pears 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

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

Menu subject to change.



EAT NUTRIENT-DENSE FOODS

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



VEGETABLES & FRUITS

Include a variety daily—leafy greens, apples, berries, pears, squash, and more. Try seasonal favorites like apples, grapes, and squash!



PROTEIN

Choose lean sources such as fish, chicken, beans, lentils, eggs, nuts, and low-fat dairy. These help maintain muscle and keep you strong.



DAIRY

Choose low-fat or fat-free milk, yogurt, or fortified alternatives for calcium and vitamin D.



WHOLE GRAINS

Choose whole grains like oats, brown rice, whole wheat bread, and quinoa. They provide fiber and lasting energy.



SMART SNACKS

Add extra veggies to soups or salads. Choose nuts, yogurt, or fruit instead of chips or cookies.



SAMPLE SEPTEMBER MEAL IDEAS



Harvest Veggie Soup
Bean + veggie + whole grain for a perfect fall meal.



Quinoa Salad with Chickpeas
Protein, fiber + fresh herbs.



Baked Chicken with Roasted Veggies
Lean protein + colorful veggies.



Oatmeal with Berries & Nuts
Warm, hearty & heart-healthy.



DID YOU KNOW?

- ✓ Fiber helps you feel full longer
- ✓ Helps support healthy digestion
- ✓ Supports heart health
- ✓ May help control blood sugar
- ✓ Reduces risk of chronic diseases



BOTTOM LINE:

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

SEPTEMBER

Healthy Weight Focus:



EAT NUTRIENT-DENSE, STAY ACTIVE

This September, focus on balanced meals, staying active, and gratitude for your health. Small changes today lead to a healthier tomorrow!



Small changes today, a healthier tomorrow!



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

