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

Monday	Tuesday	Wednesday	Thursday
2	**3**	**4**	**5**
Beef Stew Green Beans W.W. Dinner Roll Pears Milk	Orange Chicken White Rice Garlic Green Beans Buttered Carrots Mandarin Oranges Milk	Herbed Pork Loin Garlic Mashed Potato California Blend Vegetables W.W. Dinner Roll Applesauce Milk	Beef Taco Salad Lettuce,Tomato,Onion,Shred Cheese Corn Chips Fiesta Blend Vegetables Fruit Cocktail Milk
9	**10**	**11**	**12**
Biscuits & Gravy Sausage Patties Hard Boiled Egg Baby Carrots Sticks Fruit Cup Milk	Cheese Burger BBQ Baked Beans Buttered Corn Pineapple & Strawberries mix Milk	Baked Ham Buttered Mixed Vegetable W.W. Dinner Roll Strawberry Applesauce Milk	Lasagna Italian Blend Vegetable Breadstick Blushing Pears Milk
16	**17**	**18**	**19**
BBQ Pulled Pork on a Bun Cole Slaw BBQ Baked Beans Apricots Milk	Chicken Pot Pie Green Beans Peaches W.W. Dinner Roll Milk	Baked Fish Mixed Vegetables Fruit Cocktail W.W. Dinner Roll Mllk	Ham & Beans Roasted Brussel Sprouts Buttered Carrots Peaches Crackers Milk
23	**24**	**25**	**26**
Chili Seasoned Corn Green Beans Oranges Cinnamon Rolls Milk	Homemade Meatloaf Roasted Rosemary Potatoes Glazed Carrots Breadstick Applesauce Milk	Turkey w/ Gravy Sweet Potatoes Vegetable Blend W.W. Dinner Roll Cranberry Sauce & Dump Cake Milk	CLOSED FOR HOLIDAY
30			
Chicken Broccoli Rice Casserole Oven Roasted Zucchini & Squash W.W. Dinner Roll Tropical Fruit 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.

NOVEMBER

Healthy Weight Focus:

EAT NUTRIENT-DENSE, STAY ACTIVE

This November, focus on balanced meals, staying active, and gratitude for your health. 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 a variety daily—leafy greens, sweet potatoes, Brussels sprouts, apples, pears, berries, and more. Try seasonal favorites like squash, cranberries, and pomegranates!



PROTEIN

Choose lean meat, poultry, 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

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



SMART SNACKS

Choose healthy snacks like nuts, yogurt with fruit, veggie sticks with hummus, or fresh fruit instead of chips or cookies.



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.

SAMPLE NOVEMBER MEAL IDEAS



Turkey & Veggie Chili

Lean ground turkey, beans, tomatoes, veggies, and spices. Serve with a side salad.



Apple & Walnut Salad

Mixed greens with apple slices, walnuts, cranberries, and a light vinaigrette.



Baked Salmon with Roasted Veggies

Salmon, roasted Brussels sprouts, sweet potatoes, and wild rice.



Oatmeal with Berries & Nuts

Oats topped with berries, nuts, and a drizzle of honey.

PRACTICAL TIPS FOR LOW APPETITE

- If appetite is low, eat small, frequent portions throughout the day.
- 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.



DID YOU KNOW?

- Practicing gratitude can reduce stress and improve overall well-being
- Physical activity improves mood and boosts energy
- Balanced meals help keep you full longer
- Healthy habits today support a stronger, longer life



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

Be thankful for your health today and every day!