

MAY 2024

Congregate and Home-Delivered Meal Program

East Central Kansas Area Agency on Aging
Reservation or Cancellation for a meal must be
made with YOUR SITE by 11:00 a.m. the day before

Suggested Meal
Donation \$4.00

NUTRITION SITES

- Blue Mound - 913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 620-591-9834
- Carbondale-785-893-1107
- Centerville - 855-396-9674 #2
- Colony -620-852-3530
- Garnett - 785-448-0065
- Kincaid - 620-439-5449
- Lebo - 620-256-6166
- Louisburg - 913-837-5113
- Mound City - 855-396-9674 #1
- Osage City - 785-528-4170
- Osawatomie - 913-755-2443
- Ottawa - 785-248-0139, 242-7200
- Paola - 913-294-9220
- Parker -855-396-9674 #3
- Pleasanton - 913-352-8896
- Pomona -785-566-3608
- Richmond - 785-393-4213
- Waverly - 785-733-2603

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute NOTE: Some foods may heat faster than others---may have to remove foods as heated NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer Frozen Meals Heat Best when they are thawed		<u>Friendship Day 1</u>	<u>2</u>	<u>3</u>
		Meatloaf Mashed Potatoes/Gravy Corn Wheat Roll Dump Cake 	Chicken Tenders Macaroni and Cheese Broccoli Whole Wheat Roll Mixed Fruit	Fish Sticks Augratin Potatoes Peas Whole Wheat Bread Peaches
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
Hamburger on Bun French Fries Glazed Carrots Whole Wheat Bun Apricots	Riblet Cheesy Potato Bites Seasoned Zucchini Bun Tropical Fruit	Sweet N Sour Chicken Rice Oriental Vegetables Whole Wheat Roll Brownies	Tater Tot Casserole Mixed Vegetables Whole Wheat Bread Pears	ChickenTetrazzini Casserole Peas/Onions Whole Wheat Roll Fruit Crisp
<u>13</u>	<u>14</u>	<u>Birthday Day 15</u>	<u>16</u>	<u>17</u>
Chicken Patty on Bun Potato Bites Broccoli (Bun) Peaches	Beef Tips and Noodles Peas Whole Wheat Roll Mandarin Oranges	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Cake Ice Cream 	Lasagna Rolls/Sauce Italian Green Beans Bread Sticks Fruit Fluff	Sausage Patty Biscuit anad Gravy Potato Rounds Strawberry Cup Orange Juice 
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Taco Bake with Pinto Beans Spanish Rice Tortilla Strips Pineapple	Roast Pork w/ Gravy Scalloped Potatoes Carrots Whole Wheat Roll Apricots	Chicken Breast Cheesy Mashed Potatoes California Mixed Vegetable Whole Wheat Roll Tropical Fruit	White Chicken Chili Mixed Vegetables Cinnamon Roll Blush Pears	Beef Hot Dog on Bun Baked Beans Coleslaw Cookies 
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
Closed Memorial Day	Chicken/Alfredo Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Roll Apricots	Salisbury Steak Potato Wedges Peas and Onions Wheat Bread Pineapple	Chicken Fajita Rice Chuckwagon Corn Tortilla Cookie	Sloppy Joe Mixed Vegetable Beets Bun Peaches

ECKAAA Office
785-242-7200



Suggested meal
donation \$4.00