

ME October

Congregate and Home-Delivered Meal Program

East Central Kansas Area Agency on Aging
Office 785-242-7200
Kitchen - 785-242-8341

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish Corn Winter Mix Roll Fruit Cup	2 Sloppy Joe Macaroni Salad Tossed Salad Bun Lemon Medley	3 Roast Turkey Mashed Potatoes Gravy Caribbean Blend Bread Apricots	4 Tuna Salad Broccoli Cheese Soup Bun Cookie	5 Smothered Steak Baby Bakers Country Blend Vegetables Wheat Bread Applesauce
8 Chicken & Noodles Mashed Potatoes Mixed Vegetables Roll Tropical Fruit	9 Meat Loaf Whipped Potatoes Brown Gravy Corn Wheat Bread Scalloped Apples	10 Swiss Steak AuGratin Potatoes Carrot & Raisin Salad Roll Juice	11 Roast Pork Yams Tossed Salad Roll Peaches	12 Chili Coleslaw Crackers Cinnamon Roll
15 Mr Rib Baked Beans Salad w/Spinach Bun Pears	16 Beef Stew Cottage Cheese Crackers Ambrosia Salad	17 Birthday Day! Chicken Fried Chicken Mashed Potatoes Green Beans Roll Cake Ice Cream 	18 Salmon Patty AuGratin Potatoes Caribbean Blend Strawberries & Bananas	19 Beef Stroganoff Pickled beets Roll Jello w/ fruit cocktail DX
22 Goulash Green Beans Bread Blueberries	23 BBQ Chicken Baked Beans Potato Salad Wheat Roll Peach Crisp	24 Chicken & Rice Casserole Broccoli Bread Rosy Applesauce	25 Taco Salad Red Beans & Rice Taco Chips Fruit Cup	26 Salisbury Steak Mashed Potatoes Gravy Carrots Brownie
29 Scalloped Chicken Succatash Bread Fruit Cocktail	30 Baked Ham - LS Scalloped Potatoes Tuscan Vegetables Roll Pineapple Pudding	31 Beef Tips Rice Mixed Vegetables Bread Jello w/Applesauce DX	<p>Thank you to the Goppert Foundation for their generous donation which allowed the East Central Kansas Area Agency on Aging to purchase the central nutrition kitchen and continue meals uninterrupted.</p>	

- NUTRITION SITES**
- Blue Mound - 913- 756-2262
 - Burlingame - 785-893-3425
 - Burlington - 620-364-2730
 - Carbondale-785-893-1107
 - Centerville - 913-898-2600
 - Colony -620-852-3530
 - Garnett - 785-448-6996
 - Kinciad - 620-439-5440
 - Lane - 785-869-2002
 - Lebo - 620-256-6166
 - Louisburg - 913-837-5113
 - Mound City - 913-795-2605
 - Osage City - 785-528-4170
 - Osawatomie - 913-755-2443
 - Ottawa - 785-521-8130
 - Paola -913-294-9220
 - Parker -913- 898-6805
 - Pleasanton - 913-352-8896
 - Pomona -785-566-3608
 - Richmond - 785-835-6465
 - Sunflower -785-418-1222
 - Waverly - 785-733-2603
 - Wellsville -785-883-4334
 - Williamsburg -785-746-5459

Cancellations must be made 24 hours in advance

Suggested meal donation • \$3.50



All meals served with 2% milk
 Menus subject to change.
 DX indicates Diabetic substitution
 LS indicates Low Salt substitution