

# November

Congregate and Home-Delivered Meal Program

East Central Kansas Area Agency on Aging  
 Office: 785-242-7200  
 Kitchen - 785-893-4637



### 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 - 785-893-4665  
 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

### Hot Meal Reheating:

- 1.Microwave:Peel back lid/slit film to vent
2. Microwave: 2-3 minutes on high
- A.Oven: Pre-heat to 350° F
- B.Place meal on cookie sheet
- C.Heat for 10 minutes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chili Coleslaw Crackers Cinnamon Roll	<b>2</b> Chicken Fried Steak White Cream Gravy Whipped Potatoes Caribbean Blend Wheat Bread Pears
<b>5</b> Chicken & Noodles Whipped Potatoes Winter Mix Roll Applesauce	<b>6</b> Sloppy Joe Macaroni Salad Tossed Salad Bun Mixed Fruit	 <b>7</b> <i>Friendship Day!</i> Roast Beef w/ Gravy Whipped Potatoes California Blend Wheat Bread Cherry Crisp	<b>8</b> Tuna Salad Broccoli Cheese Soup Peaches Bun Cookie	<b>9</b> Ham & Beans Stewed Tomatoes Cornbread Lemon Medley
<b>12</b> Hot Dog Raw Veggie Salad Tropical Fruit Hot Dog Bun Cookie	<b>13</b> Fish Creamed Peas & Potatoes Apricots Bread Cookie	<b>14</b> <i>Birthday Day!</i> Chicken Fried Chicken Chicken Gravy Whipped Potatoes Green Beans Roll Cake Ice Cream 	<b>15</b> Taco Salad Red Beans & Rice Taco Chips Fruit Cocktail	<b>16</b> Beef Stroganoff Picked Beets Scalloped Potatoes Roll Apples
<b>19</b> Mr. Rib Bakes Beans Coleslaw Bun Peaches	<b>20</b> Meat Balls in Gravy Creamed Noodles Steamed Veggies Roll Citrus Salad	<b>21</b> <i>THANKSGIVING!</i> Roasted Turkey Gravy Stuffing Mixed Vegetables Roll Pumpkin Pie	<b>22</b> CLOSED	<b>23</b> CLOSED
<b>26</b> Scalloped Chicken Succatash Pineapple Chunks Bread Cookie	<b>27</b> Swiss Steak Au Gratin Potatoes Tossed Salad w/ Spinach Roll Brownie	<b>28</b> Hamburger Sliced Tomato Potato Salad Hamburger Bun Juice	<b>29</b> Pork Cutlet Sweet Potatoes Corn Roll Ambrosia Salad	<b>30</b> Spaghetti w/ Meatballs Tossed Salad Italian Vegetables White Bread Rosy Applesauce