

December

Congregate and Home-Delivered Meal Program

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 3 Chicken Pot Pie Mixed Vegetables Biscuit Fruit Cup | 4 Sloppy Joe Baby Baked Potato Sliced Carrots Bun Lemon Medley | 5 <i>Friendship Day!</i> Roast Beef w/Gravy Whipped Potatoes Caribbean Blend Bread Blueberry Crisp | 6 Tuna Casserole Noodles Mixed Vegetables Roll Strawberries & Bananas | 7 Chicken Fried Steak Cream Gravy Whipped Potatoes Green Beans Bread Cookie |
| 10 Chicken & Noodles Whipped Potatoes Winter Mix Roll Applesauce | 11 Pulled Pork Shredded Lettuce Red Beans & Rice Tortilla Mixed Fruit | 12 Sliced Turkey w/Gravy Whipped Potatoes Corn Roll Apricots | 13 Tuna Salad Broccoli Cheese Soup Peaches Bun Cookie | 14 Ham & Beans Stewed Tomatoes Cornbread Strawberry Cups |
| 17 Mr. Rib Baked Beans Coleslaw Bun Peaches | 18 Meatballs in Gravy Creamed Noodles Steamed Broccoli Bread Citrus Cup | 19 <i>Birthday Day!</i> Chicken Fried Chicken Chicken Gravy Whipped Potatoes Green Beans Cake & Ice Cream | 20 Beef Tips & Rice Mixed Veggies Bread Rosy Applesauce | 21 Chili Tossed Spinach Salad Crackers Cinnamon Roll |
| 24 CLOSED CHRISTMAS EVE | 25 CLOSED CHRISTMAS | 26 Hot Dog Cabbage Grape Juice Hot Dog Bun Pears | 27 Fish Creamed Peas & Potatoes Apricots Roll Cookie | 28 Baked Ham Scalloped Potatoes Tuscan Vegetables Roll Pineapple Puding |
| 31 Taco Salad Beans & Rice Taco Chip Fruit Cocktail | | | Cancellations <u>must</u> 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 |

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
 Kincaid - 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. Oven: Place meal on cookie sheet
 C. Oven: Heat for 10 minutes

