

November

Congregate and Home-Delivered Meal Program
SUGGESTED DONATION \$4.00, MUST BE 60+

2026

East Central Kansas Area Agency on Aging

Office 785-242-7200

**Reservation or cancelation for a meal must be made
with the site by 11:00 a.m. the day before**

Blue Mound - 620-224-8845

Burlingame - 785-893-3425

or 785-217-8687

Burlington - 913-961-8591

Carbondale - 785-893-1107

Centerville - 913-271-0459

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 - 913-439-8513

Osawatomie - 913-755-2443

Ottawa - 785-248-0139, 242-72

Paola - 913-731-3613

Pleasanton - 913-352-8896

Pomona - 785-242-7200

Richmond - 785-393-4213

Waverly - 785-733-2603

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	<u>Friendship Day 4</u>	5	6
Hamburger with Cheese Potato Wedges Green Peas Bun Applesauce	Chicken Tetrazzini Casserole Broccoli Whole Wheat Bread Pears	Meatloaf Whipped Potatoes/ Gravy Green Beans Wheat Roll Fruit Crisp	Lasagna Roll/Meat Sauce California Blend Garlic Toast Mixed Fruit	Vegetable Beef Stew Stewed Apples Whole Wheat Roll Chiefs Cookie
9	10	11	12	13
Beef Soft Taco Mexican Rice Charro Beans Tortilla Pineapple Chunks	Salisbury Steak/Gravy Mashed Potatoes Green Beans Whole Wheat Roll Peaches	Veterans Day Closed	Chicken and Noodles Broccoli Whole Wheat Roll Fruit Medley	Biscuits and Gravy Sausage Link Orange Juice Cranberry Bars
16	17	<u>Thanksgiving Celebration 18</u>	19	20
Pulled Pork Baked Beans Green Peas and Carrots Wheat Roll Cookie	Chicken Breast/Gravy Potatoes AuGratin California Blend Whole Wheat Bread Applesauce	Turkey/Dressing Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Pumpkin Bars	Sloppy Joe on Bun Baby Bakers Peas Bun Mixed Fruit	Ham & Cheese Egg Scramble Potato Bites Blueberry Muffin Pineapple
23	24	<u>Birthday Day 25</u>	26	27
Beef and Macaroni Casserole California Blend Wheat Bread Pears	Shepherds Pie Broccoli Whole Wheat Bread Applesauce with Cinnamon	Chicken Fried Chicken Whipped Potatoes/ Gravy Green Beans Wheat Roll Cake Ice Cream 	Thanksgiving Holiday Closed	Thanksgiving Holiday Closed
30				
Chicken Tenders Baby Bakers Beets Whole Wheat Bread Mandarin Oranges		<u>Frozen Meal Heating:</u> 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on high---Stop and Stir foods NOTE: Some foods may heat faster than others- NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer <u>Frozen Meals Heat Best when they are thawed</u>		

