

M E N U May 2025

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**

Blue Mound -620-224-8845
Burlingame - 913-961-8591
or 785-217-8687
Burlington - 620-591-9834
Carbondale-785-893-1107
Centerville - 855-396-9674 #2
or 913-548-7087
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 - 913-731-3613
Pleasanton - 913-352-8896
Pomona -785-566-3522
Richmond 785-393-4213
Waverly - 785-733-2603
ASK ABOUT OUR VOUCHER
PROGRAMS AT LANE, PAOLA,
AND SPRING HILL!

**ECKAAA Office
785-242-7200**



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donation \$4.00**

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 they heat 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			1 Baked BBQ Chicken Rice Pilaf Green Peas Whole Wheat Bread Fruit Fluff	2 Chicken Salad Sandwich Pea Salad Macaroni Salad Bun Mixed Fruit
5 Spanish Rice Casserole Chuckwagon Corn Tortilla Chips Sliced Peaches	6 Chicken Tenders Potato Wedges Corn Whole Wheat Roll Pineapple Slices	Friendship Day 7 8 Meatloaf Mashed Potatoes/Gravy Green Beans Wheat Roll Brownie	9 Chicken with Gravy Mashed Potatoes Peas Whole Wheat Roll Pears	10 Chicken Patty Baby Bakers Cottage Cheese Whole Wheat Bread Strawberry Cup
12 Hamburger w/ Cheese Baked Beans Glazed Carrots Whole Wheat Bun Blush Apples	13 Riblet Augratin Potatoes Broccoli Whole Wheat Roll Cookie	14 Chicken Fajita Spanish Rice Cornbread Tropical Fruit	15 Lasagna Rolls/Sauce Italian Green Beans Bread Sticks Mandarin Oranges	16 Ham Sandwich w/Cheese Potato Salad Lettuce & Tomato Bun Fruit Fluff
19 Chicken Patty Baby Bakers Mixed Vegetables Bun Pineapple	20 Sloppy Joe Macaroni and Cheese Green Beans Bun Peaches	Birthday Day 21 22 Chicken Fried Chicken Mashed Potatoes/Gravy Corn Whole Wheat Roll Cake Ice Cream	23 Pork Cutlet Stuffing Green Peas Whole Wheat Bread Rosey Applesauce	24 Biscuit and Gravy Sausage Link Fruit Cup Orange Juice
26 Closed Memorial Day	27 Beef Hot Dog Baked Beans Peas & Carrots Mixed Fruit Bun	28 Spaghetti & Meat Balls Winter Mix Garlic Toast Cookie	29 Chicken Pot Pie/Biscuit Broccoli Lemon Bar	30 Sweet and Sour Chicken Oriental Vegetable Rice Strawberry Cup Fortune Cookie