

M E N U

A P R I L

Congregate and Home-Delivered Meal Program 2022

**East Central Kansas Area Agency on Aging
Reservation or Cancellation for a meal must be
made with YOUR SITE by 11:00 p.m. the day before**

- NUTRITION SITES**
- Blue Mound -913- 756-2262
 - Burlingame - 785-893-3425
 - Burlington - 620-591-9834
 - Carbondale-785-893-1107
 - Centerville - 855-396-9674 #2
 - Colony -620-852-3530
 - Garnett - 785-800-4108
 - Kincaid - 620-439-5449
 - Lane - 785-433-1172
 - 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
 - Paola -913-294-9220
 - Parker -855-396-9674 #3
 - 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

**ECKAAA Office
785-242-7200**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Frozen Meal Heating:</p> <p>1. Microwave: Peel back lid OR poke holes in lid to allow venting</p> <p>2. Microwave: 2-4 minutes on high--Stop and Stir foods after each minute</p> <p>NOTE: Some foods may heat faster than others--may have to remove foods as they heat</p> <p>NOTE: Frozen meals may be different than menu</p> <p>NOTE: Meals can be heated in an oven or warmer</p> <p>Frozen Meals Heat Best when they are thawed</p>		<p>Suggested meal donation • \$3.50</p>		1
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