

## 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

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		NUTRITION SITES
	1	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
	8	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
	<u>15</u>	Parker -855-396-9674 #3 Pleasanton - 913-352-8896
		Pomona -785-566-3608
		Richmond - 785-835-6465
Salt		Sunflower -785-418-1222
ננים		Waverly - 785-733-2603
		Wellsville -785-883-4334
	ĺ	Williamsburg -785-746-5459
	<u>22</u>	
		ECKAAA Office 785-242-7200
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					NUIKIIION SIIES
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Blue Mound -913- 756-2262
Frozen Meal Heating:		Suggested meal		Taco Casserole	Burlingame - 785-893-3425 Burlington - 620-591-9834
1.Microwave: Peel back lid OR poke holes	s in lid to allow venting			Spanish Rice	Carbondale-785-893-1107
2. <b>Microwave</b> : 2-4 minutes on highStop a	•	donation ● \$3.50		Tortilla Chips	Centerville - 855-396-9674 #2
	hersmay have to remove foods as they he	l et		Banana Pudding	Colony -620-852-3530
NOTE: Frozen meals may be different than				Danana r dading	Garnett - 785-800-4108
NOTE: Meals can be heated in an oven or					Kincaid - 620-439-5449
Frozen Meals Heat Best when they					Lane - 785-433-1172
4			7	8	Ī
Chialan Alfrada	Down and Chiefen Lane	Months of	Chieles Fried Steels		Lebo - 620-256-6166
Chicken Alfredo	Barbeque Chicken Legs	Meatloaf Scalloped Potatoes	Chicken Fried Steak	Fish Filet	Louisburg - 913-837-5113
Broccoli			Mashed Potatoes/Gravy	Rice Pilaf	Mound City - 855-396-9674 #1
Wheat Roll	Green Beans	Mixed Vegetables	Mixed Vegetables	Broccoli/Cauliflower Mix	Osage City - 785-528-4170
Cookie	Wheat Bread	Whole Wheat Bread	Whole Wheat Roll	Cookie	Osawatomie - 913-755-2443
	Apricots	Fruit Crumble	Strawberries	Wheat Roll	Ottawa - 785-248-0139
		Add ha			Paola -913-294-9220
11	12	13	14	15	Parker -855-396-9674 #3 Pleasanton - 913-352-8896
Cheese Burger	Chicken Tenders	Pork Cutlet	Swedish Meatball/Noodles	Macaroni and Cheese	Pomona -785-566-3608
Potato Salad	Hash Browned Potatoes	Sweet Potato Casserole	Peas/onions	Winter Mix Vegetables	Richmond - 785-835-6465
Brussel Sprouts	Stewed Tomatoes	Calico Corn	Whole Wheat Bread	Whole Wheat Roll	Sunflower -785-418-1222
Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Bread	Mandarin Oranges	Fuit Crisp	Waverly - 785-733-2603
Stewed Apples	Pears	Muffin		-	Wellsville -785-883-4334
					Williamsburg -785-746-5459
18	19	20	21	22	
	Ham and Beans	Chicken Fried Chicken	Chili	†	ECKAAA Office
Salisbury Steak Mashed Potatoes/Gravy	Seasoned Spinach	Mashed Potatoes/Gravy	Cinnamon Roll	Beef Tips and Peppers White Rice	785-242-7200
Broccoli	Cornbread	Greeen Beans	Orange Juice	Peas and Carrots	
Wheat Roll	Apricots	Whole Wheat Roll	Stewed Apples	Wheat Bread	TERAL
Strawberry Cup	(Seally)	Marble Cake wi		Fruit with Mandarin Oranges & Pineapple	PST ACENCY ON USA
Strawberry Cup		Ice Cream		гіпеарріе	Pre City
		loc orcan	1		The Man
<u>25</u>	<u>26</u>	27	28	29	
Sloppy Joe	Spaghetti/Meat Balls	Chicken and Noodles	Roast Pork	Vegetable Beef Stew	
Potato Wedges	Green Beans	Mashed Potatoes	Candied Sweet Potatoes	Coleslaw	A STATE OF THE STA
Pickled Beets	Texas Bread	Peas	Winter Mix	Biscuit	TANKION Progra
Bun	Peaches	Whole Wheat French Roll	Whole Wheat Bread	Cookie	
Mixed Fruit		Lemon Fruit Cup	Brownies		•
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