MENU

AUGUST 2021

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 12:00 p.m. the day before

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**Friendship Day 4**	**5**	**6**
Chicken Fajitas Spanish Rice Charro Beans Soft Tortilla Orange Sections	Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Vanilla Pudding	Roast Beef Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie	Turkey and Vegetables Beets Biscuit Pineapple	Beef Rice Casserole Scalloped Tomatoes Carrot Raisin Slaw Whole Wheat Bread Peach Cobbler
9	**10**	**11**	**12**	**13**
Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberry Cup	Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Fruit Cocktail	Meatloaf Herbed Red Potatoes Mixed Vegetables Whole Wheat Bread Pears	Sliced Deli Ham Bow Tie Salad Three Bean Salad Whole Wheat Bun Banana Pudding	Chicken and Noodles Zucchini and Tomatoes Spiced Peaches Whole Wheat French Roll Cookie
16	**17**	**Birthday Day 18**	**19**	**20**
Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges	Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears	Chicken Fried Chicken Mashed Potatoes/Gravy Greeen Beans Whole Wheat Roll Fruit Cobbler Ice Cream	Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple	Swedish Meatball/Noodles Peas/Onions Stewed Apples Whole Wheat Bread Cookie
23	**24**	**25**	**26**	**27**
Creamy Mushroom Steak Baby Baker Broccoli Whole Wheat Bread Peaches	Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes Fruit Cup	Chicken Tetrazzini Parslied Carrot Coins Pea Salad Whole Wheat Bread Pears	Sloppy Joe/Bun Potato Wedges Beets Fruit Cobbler	Smotherd Pork Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread Brownie
30	**31**			
Taco Bake Spanish Rice Seasoned Black Beans Tortilla Pineapple	Spaghetti/Meat Balls Italian Green Beans Texas Slice Bread Blush Pears			

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

NUTRITION SITES

Blue Mound -913- 756-2262
Burlingame - 785-893-3425
Burlington - 620-364-2730
Carbondale-785-893-1107
Centerville - 855-396-9674 #2
Colony -620-852-3530
Garnett - 785-448-6996
Kincaid - 620-439-5449
Lane - 785-869-2002
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

EAST CENTRAL KANSAS AREA AGENCY ON AGING
Nutrition Program

Suggested meal donation ● $3.50