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April

Congregate and Home-Delivered Meal Program

**East Central Kansas Area Agency on Aging
Office 785-242-7200**

Reservation for a meal must be made with the site by 1:00 p.m. the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Frozen Meal Heating: 1. Microwave OR Oven: 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 f NOTE: Frozen meals may be different than menu</p>		<p><u>Friendship Day</u> 1</p> <p>Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Cherry Crisp</p> 	<p>2</p> <p>Pork Cutlet/Gravy Stuffing Diced Carrots Wheat Bread Pineapple Chunks</p>	<p>3</p> <p>Tuna Salad Potato Soup Stewed Apples Bagel Cookie</p> 
<p>6</p> <p>Goulash Corn French Roll Rosy Applesauce Graham Crackers</p>	<p>¹⁰ 7</p> <p>BBQ Pulled Pork Macaroni/Cheese Raw Vegetable Salad Wheat Bun Pineapple</p>	<p>8</p> <p>Turkey/Noodles Whipped Potatoes Peas/Carrots Wheat Roll Homemade Pumpkin Bar</p>	<p>9</p> <p>Smothered Steak/Gravy Baked Potato Spiced Peaches Dinner Roll Cookie</p>	<p>10</p> <p>Salmon Patty Scalloped Potatoes Broccoli/Cauliflower Wheat Bread Mandarin Oranges</p> 
<p>13</p> <p>Pork Taco Spanish Rice Shredded Lettuce Tortilla Pears</p>	<p>14</p> <p>Spaghetti and Meatballs Corn French Roll Mixed Fruit Cookie</p>	<p><u>Birthday Day</u> 15</p> <p>Chicken Fried Chicken Whipped Potatoes/ Gravy Green Beans w/red peppers Wheat Roll Cake Ice Cream</p>  	<p>¹⁷ 16</p> <p>Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Applesauce</p>	<p>17</p> <p>Creamy Chicken Lasagna Zucchini/Tomatoes Dinner Roll Tropical Fruit Cookie</p>
<p>20</p> <p>Chicken Legs Potato Salad Baked Beans Wheat Bread Strawberry Cup</p> 	<p>21</p> <p>Beef Stroganoff/Noodles Green Beans w/red peppers Bagel Peaches</p>	<p>22</p> <p>Cheese Omelette Hash Brown Potatoes Sausage Gravy Biscuit Mandarin Oranges</p>	<p>23</p> <p>Chili Diced Carrots Tropical Fruit Cinnamon Roll Crackers</p>	<p>24</p> <p>Ranch Pork Chop Baked Potato Raw Veg Salad Wheat Roll Raisins</p>
<p>27</p> <p>Chicken Patty Cream Peas Stewed Apples Vegetable Juice Wheat Bun</p>	<p>28</p> <p>Deli Ham Potato Wedges Carrot Slaw Hoagie Bun Apricots</p> 	<p>29</p> <p>Beef Stew Harvard Beets Wheat Biscuit Fruit Mix Cheesecake</p> 	<p>¹⁷ 30</p> <p>Chicken Alfredo Mixed Vegetables Garlic Bread Pears Graham Cookie</p>	<p>1-May</p> <p>Sliced Turkey Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Brownie</p>

NUTRITION SITES

- Blue Mound -913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 620-364-2730
- Carbondale-785-893-1107
- Centerville - 913-898-2600
- 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 - 913-795-2605
- Osage City - 785-528-4170
- Osawatomie - 913-755-2443
- Ottawa - 785-248-0139
- Paola -913-294-9220
- Parker -913- 898-6805
- 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

**Cancellations must be made
with the site 24 hours in ad**



**Suggested meal
donation ● \$3.50**