

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

Microwave Peel back Is GR pole holes in it to allow wering donation	Congregate and Home-Delivered Meal Program		2021	made with 100K 5Hz by 12100 pinn the day before		NUTRITION SITES
Suggested meal donation ● \$3.50 If the through the testing in the allow evening donation ● \$3.50 If the through the testing in the state of the through the testing the testing of the testing o	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Blue Mound -913- 756-2262
Microwave: Peel back ist OR poke hotes in it to solve wering donation		'		1	<u>2</u>	Burlingame - 785-893-3425
2. Microwawe. 2-4 minutes on high—Stop and Stir loods after each minute VICTE: Some foods may heat flater than others—may have to remove foods as they heat VICTE: Cookie VICTE: Cookie most was the different memou VICTE: Make can be haired in an own or warmer VINDE Wheat Bread VINDE Whe	Frozen Meal Heating:		Suggested meal	BBQ Ranch Chicken	Tuna Casserole	Burlington - 620-364-2730
La Microwave: 24 minutes on high—Stop and Silf foots after each minute Wheat Roll Spicad Peaches Wheat Roll Spicad Peaches Wheat Roll Cookie Oarmet - 785-389-9674 #2 Cookie Cookie Cookie Wheat Roll Cookie Cook	1.Microwave: Peel back lid OR poke l	noles in lid to allow venting	donation ● \$3.50	Herbed Red Potatoes	Zucchini/Tomatoes	Carbondale-785-893-1107
Cookie Cookie Garnett - 785-448-6996 Kincadi - 620-439-5449 Kincadi - 620-439-549 Kincadi - 620-439-549 Kincadi - 620-439-649 Ki	2. Microwave: 2-4 minutes on highStop and Stir foods after each minute			Broccoli	Spiced Peaches	Centerville - 855-396-9674 #2
Frozen Meals can be heated in an oven or warmer Frozen Meals freat Best when they are thawed Cheese Burger Chicken Tenders Calico Corn Calico Corn Mashed Potatoes/Gravy Carrot Coins Whole Wheat Bread Mandarin Oranges Chicken Patty on Bun Potato Rounds Whole Wheat Roll Whole Wheat Roll Oranges Trace Salad or Taco Bake Spanish Rice Seasoned Black Beans Garlic Toast Derivative Mashed Potatoes Seasoned Black Beans Garlic Toast Derivative Whole Wheat Roll Strawberry Cake Lica - 785-884-200 Lane - 785-868-2002 Lane - 785-888-302 Lane -	NOTE: Some foods may heat faster that	an othersmay have to remove foods as they he	eat	Wheat Roll	Wheat Roll	Colony -620-852-3530
The state of the s	NOTE: Frozen meals may be different than menu			Cookie		Garnett - 785-448-6996
Chicken Tenders Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bread Pears 12 Chicken Patry on Bun Potato Ranchero Factoria Potato Rounds Potato Rounds Potato Potato Rounds Potato	NOTE: Meals can be heated in an oven or warmer					Kincaid - 620-439-5449
Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bread Pears 12 Chicken Patty on Bun Potato Rounds Whole Wheat Roll Bun) Pears 13 Beef Tips and Peppers Whole Wheat Roll Whole Wheat Roll Bun) Whole Wheat Roll Whole Wheat Roll Oranges 14 Chicken Patty on Bun Potato Rounds Strawberry Cup Taco Salad or Taco Bake Spanish Rice Spani	Frozen Meals Heat Best when t	hey are thawed				Lane - 785-869-2002
Potato Salad Ranchero Fiesta Vegetable Ranchero Fiesta Vegetable Whole Wheat Braad Mandarin Oranges Pears Mashed Potatoes/Gravy Carrot Coins Whole Wheat Braad Whole Wheat Braad Mandarin Oranges Pears Pears Pears Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie Pineapple Pineapple Pineapple Pineapple Pineapple Peas/Onnions Stewed Apples Oage City - 785-528-4170 Oagwa City - 785-528-910 Parker 485-398-9674 #1 Oatwa - 785-248-0139 Paola-913-325-243-30 Chicken Patty on Bun Pears and Carrots Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Apricots Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Ambrosia ECKAA Office 785-242-7200 ECKAA Office 785-242-7200 ECKAA Office 785-248-0139 Paola-913-325-243 Ottawa - 785-24		5	Friendship Day 7	8	9	Lebo - 620-256-6166
Petato Salad Calico Corm Stewed Tomatoes Stewe	Cheese Burger	Chicken Tenders	Roast Beef	Pork Cutlet	Swedish Meatball/Noodles	Louisburg - 913-837-5113
Ranchero Fiesta Vegetable Whole Wheat Bread Oatmeal Cookie Parker -855-396-8974 #3 Paola -913-258-244170 Oswatomie - 913-755-244170 Otawar -#55-486-917 Parker -855-396-8974 #3 Paola -913-294-9220 Parker -855-396-8974 #3 Parker -	Potato Salad	Calico Corn	Mashed Potatoes/Gravy	Sweet Potato Casserole	Peas/Onnions	_
Whole Wheat Bread Pears Whole Wheat Roll Brownie Whole Wheat Bread Pineapple Whole Wheat Bread Oatmeal Cookie Otawa - 785-2440 139 Paola - 913-725-2443 Otawa - 785-2440-139 Paola - 913-224-9220 Parker - 855-396-9674 #3 16 Pleasanton - 913-352-8896 Pomora - 785-568-3069 Pomora - 785-568-3069 Ricken Potato Rounds Peas and Carrots Whole Wheat Roll Oranges Wheat Roll Oranges Wheat Roll Oranges Peas and Carrots Whole Wheat Bread Potatoes Ranger Cookie White Cake Colesiaw Cornbread Ambrosia Fruit Crumble Cake Carrots Whole Wheat Bread Whole Wheat	Ranchero Fiesta Vegetable	Stewed Tomatoes	•	Three Bean Salad	Stewed Apples	_
Mandarin Oranges Pears Brownie Brownie Pineapple Pineapple Oatmeal Cookie Oatmeal Cookie Ottawa - 785-248-0139 Paola -913-294-9220 Parker -855-396-9674 #3 Paola -913-294-9220 Parker -855-396-9674 #3 Pleasanton - 913-352-8898 Meatloaf Ham and Beans Chicken and Noodles Carrots Carrots Carrots Cucchini and Tomatoes Spiced Peaches Unhole Wheat Roll White Rice Peas and Carrots Whole Wheat Roll Strawberry Cup Day Parker -855-396-9674 #3 Pleasanton - 913-352-8898 Rocket Portonea Carrots Carrots Combread Apricots Whole Wheat French Roll White Cake Wellsville - 785-336-6608 Richmond - 785-335-6608 Richmond - 785-366-508 Richmond - 785-335-6608 Richmond - 785-566-508 Richmond - 785-335-6609 Richmond - 785-566-508 Richmond - 785-335-6609 Richmond - 785-566-508 Richmond - 785-335-6609 Richmond - 785-566-508 Richmond - 785-335-660 Richmond - 785-566-508 Richmond - 785-335-660 Richmond - 785-335-660 Richmond - 785-335-660 Richmond - 785-335-660 Richmond - 785-566-508 Richmond - 785-335-660 Richmond - 785-566-508 Richmond - 785-735-260 Richmond - 785-746-5459 Richmond - 785-735-746-5459 Richmond - 785-735-746-5459 Richmond - 785-735-746-5459 Richmond - 785-735-760 Richmond - 785-746-5459 Richmond - 785-735-760 Richmo	Whole Wheat Bun	Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Bread	Whale What Dread	
Paola -913-294-9220 Parker -855-396-967# #3 Paola -913-352-8896 Paola -913-352-8963 Pa	Mandarin Oranges	Pears	Brownie SENDS4.	Pineapple	((- 1)	Ottawa - 785-248-0139
12 13 14 15 16 Pleasanton - 913-352-8896	S		the had a			Paola -913-294-9220
Chicken Patty on Bun Potato Rounds White Rice Peas and Carrots Whole Wheat Roll Oranges 19 Taco Salad or Taco Bake Spanish Rice Spanish Rice Spanish Rice Spanish Rice Spanish Rice Spanish Roll Oranges 20 Birthday Day Creen Beans/Green Pepp Whole Wheat Roll Strawberry Cake Ice Cream Whole Wheat Bread Potatoes/Gravy Spaket Whole Wheat Bread Rounds Whole Wheat Bread Roast Pork Herbed Red Potatoes Cornbread Apricots Whole Wheat Bread Whole Wheat French Roll White Cake Whole Wheat French Roll White Cake Waverty - 785-746-5459 ECKAAA Office Roast Pork Herbed Red Potatoes Richmond - 785-835-66-3608 Richmond - 785-845-6465 Sunflower - 785-418-1222 Waverty - 785-748-5418-1222 Waverty - 785-748-5459 ECKAAA Office Roast Pork Herbed Red Potatoes Cornbread Ambrosia Fruit Crumble Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Bread			haann			Parker -855-396-9674 #3
Potato Rounds Broccoli Peas and Carrots Whole Wheat Roll Oranges Potato Rounds Broccoli Peas and Carrots Whole Wheat Roll Oranges Potato Rounds Broccoli Peas and Carrots Whole Wheat Roll Oranges Potato Rounds Broccoli Peas and Carrots Mixed Vegetables Whole Wheat Bread Ranger Cookie Passanger Cookie Richmond - 785-835-6465 Suntlower -785-418-1222 Waverly - 785-733-2603 Wellsville -785-833-2603 Wellsville -785-746-5459 Richmond - 785-835-6465 Suntlower -785-418-1222 Waverly - 785-732-2603 Wellsville -785-833-2603 Wellsville -785-746-5459 Roast Pork Herbed Red Potatoes Peas and Carrots Whole Wheat Bread Fruit Crumble Cornbread Ambrosia Passanger Cookie Passanger Cookie Peas and Carrots Whole Wheat Bread Pruit Crumble Chicken Tetrazzini Passanger Cookie Chicken Fried Carrot Coins Passanger Cookie Passanger Cookie Passanger Cookie Passanger Cookie Wellsville -785-418-1222 Waverly -785-748-5459 Richmond - 785-418-1222 Waverly - 785-748-5459 Roast Pork Herbed Red Potatoes Cornbread Ambrosia Pruit Crumble Chicken Fried Carrot Coins Passanger Cookie Passanger Cookie Peas and Carrots Whole Wheat Bread Pruit Crumble Cornbread Ambrosia Passanger Cookie Peas and Carrots Whole Wheat Bread Pruit Crumble Chicken Fried Carrot Coins Passanger Cookie Whole Wheat Bread Pruit Crumble Chicken Fried Carrot Coins Passanger Cookie Whole Wheat Bread Pork Riberty Brock Roast Pork Roast Por		12 13	14	<u>15</u>	<u>16</u>	Pleasanton - 913-352-8896
Apricocoli (Bun) (Chicken Patty on Bun	Beef Tips and Peppers	Meatloaf	Ham and Beans	Chicken and Noodles	Pomona -785-566-3608
Whole Wheat Roll Oranges Whole Wheat Bread Ranger Cookie Whole Wheat Bread Ranger Cookie Whole Wheat French Roll White Cake Waverly - 785-733-2603 Wellsville -785-883-4334 Williamsburg - 785-746-5459 ECKAAA Office Roast Pork Herbed Red Potatoes Corribread Whole Wheat Bread Portalia Blush Pears Whole Wheat Roll Strawberry Cake Ice Cream Whole Wheat Bread Port Riblet/Bun Macaroni and Cheese Stewed Tomatoes Fruit Cup Whole Wheat Bread Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread	Potato Rounds	White Rice		Carrots	Zucchini and Tomatoes	Richmond - 785-835-6465
Strawberry Cup Oranges Ranger Cookie White Cake Wellsville -785-883-4334 Williamsburg -785-746-5459 Taco Salad or Taco Bake Spaghetti/Meat Balls Zucchini Seasoned Black Beans Tortilla Pineapple Creamy Mushroom Steak Baked Potato Broccoli Whole Wheat Bread Fruit Cup Ranger Cookie White Cake Wellsville -785-883-4334 Williamsburg -785-746-5459 Wellsville -785-883-4334 Williamsburg -785-746-5459 ECKAAA Office Roast Pork Herbed Red Potatoes Cornbread Ambrosia Peas and Carrots Whole Wheat Bread Fruit Crumble Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Whole Wheat Bread	Broccoli	Peas and Carrots	Mixed Vegetables	Cornbread	Spiced Peaches	Sunflower -785-418-1222
Taco Salad or Taco Bake Spaghetti/Meat Balls Zucchini Garlic Toast Blush Pears 20 Birthday Day 21 Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans/Green Peppo Whole Wheat Roll Strawberry Cake Ice Cream Whole Wheat Bread Baked Potato Broccoli Whole Wheat Bread Williamsburg -785-746-5459 Roast Pork Herbed Red Potatoes Coleslaw Cornbread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread	(Bun)	Whole Wheat Roll	Whole Wheat Bread	Apricots	Whole Wheat French Roll	Waverly - 785-733-2603
Taco Salad or Taco Bake Spaghetti/Meat Balls Zucchini Seasoned Black Beans Tortilla Pineapple Creamy Mushroom Steak Baked Potato Broccoli Whole Wheat Bread Pork Riblet/Bun Macaroni and Cheese Broccoli Whole Wheat Bread Whole Wheat Roll Strawberry Cake Ice Carrot Coins Parslied Carrot Coins Pea Salad Whole Wheat Roll Whole Wheat Roll Whole Wheat Roll Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread	Strawberry Cup	Oranges	Ranger Cookie	T.	White Cake	Wellsville -785-883-4334
Taco Salad or Taco Bake Spaghetti/Meat Balls Zucchini Garlic Toast Greeen Beans/Green Pepp Whole Wheat Bread Baked Potatoes Broccoli Whole Wheat Bread						Williamsburg -785-746-5459
Taco Salad or Taco Bake Spaghetti/Meat Balls Zucchini Garlic Toast Greeen Beans/Green Pepp Whole Wheat Bread Baked Potatoes Broccoli Whole Wheat Bread		10 20	Birthday Day 21	22	23	
Spanish Rice Seasoned Black Beans Garlic Toast Garlic Toast Blush Pears Whole Wheat Roll Strawberry Cake Ice Cream Creamy Mushroom Steak Baked Potatoes Broccoli Whole Wheat Bread Fruit Cup Mashed Potatoes/Gravy Greeen Beans/Green Peppy Whole Wheat Roll Strawberry Cake Ice Cream Chicken Tetrazzini Parslied Carrot Coins Peas and Carrots Whole Wheat Bread Fruit Crumble Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Seasoned Zucchini Whole Wheat Bread Toritlla Blush Pears Chicken Tetrazzini Parslied Carrot Coins Pea Salad Whole Wheat Bread Whole Wheat Roll Whole Wheat Roll Whole Wheat Roll Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Toritla Toritla Peas and Carrots Whole Wheat Bread Toritle Cornbread Ambrosia Fruit Crumble Toricken Fried Steak Mashed Potatoes/Gravy Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread	Tago Salad or Tago Bako	—				h .
Seasoned Black Beans Tortilla Blush Pears Greeen Beans/Green Pepp Whole Wheat Roll Strawberry Cake Ice Cream Creamy Mushroom Steak Baked Potato Broccoli Whole Wheat Bread Fruit Cup Peas and Carrots Whole Wheat Bread Fruit Crumble Cornbread Ambrosia Cornbread Ambrosia Cornbread Ambrosia Cornbread Ambrosia Cornbread Ambrosia Chicken Fried Steak Mashed Potatoes/Gravy Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread	Spanish Rice					
Pineapple Strawberry Cake Ice Cream Whole Wheat Bread Fruit Crumble	'	Garlic Toast		Peas and Carrots	Combread	703 242 7200
Pineapple Strawberry Cake Ice Cream Fruit Crumble Chicken Fried Steak Mashed Potatoes/Gravy Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread					Ambrosia	
Ice Cream		Diasir i cars			Ambrosia	CENTRAL KAN
Zef Creamy Mushroom Steak Baked Potato Broccoli Whole Wheat Bread Zef Chicken Tetrazzini Chicken Tetrazzini Chicken Tetrazzini Chicken Tetrazzini Chicken Tetrazzini Chicken Tetrazzini Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Bread Whole Wheat Bread Zef Chicken Tetrazzini Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread	Пеарріс			Truit Ordinale		WAY ACET ON ACIA.
Creamy Mushroom Steak Pork Riblet/Bun Chicken Tetrazzini Parslied Carrot Coins Baked Potato Baked Potato Broccoli Whole Wheat Bread Pork Riblet/Bun Chicken Tetrazzini Parslied Carrot Coins Parslied Carrot Coins Pea Salad Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Seasoned Zucchini Whole Wheat Bread Whole Wheat Bread			ice oream			E. Challen Co
Baked Potato Baked Potato Broccoli Whole Wheat Bread Macaroni and Cheese Stewed Tomatoes Fruit Cup Parslied Carrot Coins Hashed Potatoes/Gravy Herbed Green Beans Whole Wheat Bread Whole Wheat Bread Whole Wheat Bread Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Whole Wheat Bread			- I	29	30	
Broccoli Whole Wheat Bread Stewed Tomatoes Fruit Cup Pea Salad Whole Wheat Bread Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread	Creamy Mushroom Steak	Pork Riblet/Bun	Chicken Tetrazzini	Chicken Fried Steak	BBQ Chicken	
Whole Wheat Bread Whole Wheat Bread Whole Wheat Roll Whole Wheat Bread	Baked Potato	Macaroni and Cheese	Parslied Carrot Coins	Mashed Potatoes/Gravy	Hashed Browned Potatoes	4 The state of
The third th	Broccoli		Pea Salad	Herbed Green Beans	Seasoned Zucchini	St.
Peaches Apricots Vanilla Pudding Brownie	Whole Wheat Bread	Fruit Cup	Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Bread	"don pros
	Peaches	1	Apricots	Vanilla Pudding	Brownie	