






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 |
|--|---|--|---|---|
| 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 | | Suggested meal donation • \$3.50 | 1 BBQ Ranch Chicken Herbed Red Potatoes Broccoli Wheat Roll Cookie | 2 Tuna Casserole Zucchini/Tomatoes Spiced Peaches Wheat Roll |
| 5 Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges | 6 Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears | 7 Friendship Day Roast Beef Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie  | 8 Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple | 9 Swedish Meatball/Noodles Peas/Onions Stewed Apples Whole Wheat Bread Oatmeal Cookie  |
| 12 Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberry Cup | 13 Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Oranges | 14 Meatloaf Herbed Red Potatoes Mixed Vegetables Whole Wheat Bread Ranger Cookie | 15 Ham and Beans Carrots Cornbread Apricots | 16 Chicken and Noodles Zucchini and Tomatoes Spiced Peaches Whole Wheat French Roll White Cake |
| 19 Taco Salad or Taco Bake Spanish Rice Seasoned Black Beans Tortilla Pineapple | 20 Spaghetti/Meat Balls Zucchini Garlic Toast Blush Pears | 21 Birthday Day Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans/Green Peppers Whole Wheat Roll Strawberry Cake Ice Cream  | 22 Roast Pork Herbed Red Potatoes Peas and Carrots Whole Wheat Bread Fruit Crumble | 23 Vegetable Beef Stew Coleslaw Cornbread Ambrosia  |
| 26 Creamy Mushroom Steak Baked Potato Broccoli Whole Wheat Bread Peaches | 27 Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes Fruit Cup  | 28 Chicken Tetrastini Parslied Carrot Coins Pea Salad Whole Wheat Bread Apricots | 29 Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Vanilla Pudding | 30 BBQ Chicken Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread Brownie |

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**

