

August

Congregate and Home-Delivered Meal Program

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

Reservation or Cancellation for a meal must be made with

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Goulash Buttered Corn French Roll Applesauce Cookie</p>	<p>4</p> <p>Cheese Omelette Hash Brown Sausage Gravy Biscuit Mandarin Oranges</p>	<p>5</p> <p><u>Friendship Day</u></p> <p>Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Pear Crisp</p> 	<p>6</p> <p>Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Blueberries</p>	<p>7</p> <p>Sliced Ham Potato Salad Carrot Slaw Hoagie Bun Apricots</p> 
<p>10</p> <p>Beef Stroganoff Diced Carrots Texas Toast Bread Strawberry Cup Brownie</p>	<p>11</p> <p>BBQ Chicken Baked Potato Cucumber Salad Dinner Roll Applesauce</p>	<p>12</p> <p>Country Steak/Gravy Whipped Potatoes Calico Corn Wheat Roll Dessert Cup</p>	<p>13</p> <p>Hamburger Zucchini/Tomatoes Baked Beans Wheat Bun Peach Cobbler</p>	<p>14</p> <p>Sliced Turkey/Gravy Whipped Potatoes Broccoli Pumpkin Muffin Pears</p>
<p>17</p> <p>Chili Mixed Vegetables Wheat Crackers Cinnamon Roll Mandarin Oranges</p>	<p>18</p> <p>BBQ Pork Ribette Cream Peas Stewed Apples Hoagie Bun Cookie</p>	<p>19</p> <p><u>Birthday Day</u></p> <p>Chicken Fried Chicken Whipped Potatoes/ Gravy Green Beans/red peppers Wheat Roll Cake</p> 	<p>20</p> <p>Chicken Alfredo Peas/Carrots Garlic Bread Blueberries Cookie</p> 	<p>21</p> <p>Roast Beef/Gravy Whipped Potatoes Buttered Corn Wheat Roll Pineapple</p>
<p>24</p> <p>Beef/Noodles Broccoli/Cauliflower Peaches Dinner Roll Cookie</p>	<p>25</p> <p>Sloppy Joe Au Gratin Potatoes Baked Beans Wheat Bun Tropical Mixed Fruit</p>	<p>26</p> <p>Smothered Steak Whipped Potatoes Zucchini/Tomatoes Wheat Roll Ambrosia Salad</p>	<p>27</p> <p>Ranch Pork Chop Macaroni/Cheese Green Beans/red peppers Wheat Bread Strawberry Cup</p>	<p>28</p> <p>Parmesean Chicken Scallop Potatoes Harvard Beets Cocoa Bread Blueberry Crisp</p> 
<p>31</p> <p>Beef Taco Spanish Rice Calico Corn Shredded Lettuce Tortilla Pineapple</p> 	<p>Frozen Meal Heating:</p> <p>1. Microwave: Peel back lid OR poke holes in lid to allow venting</p> <p>2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute</p> <p>NOTE: Some foods may heat faster than others--may have to remove foods as they heat</p> <p>NOTE: Frozen meals may be different than menu</p> <p>NOTE: Meals can be heated in an oven or warmer</p>			<p>Suggested meal donation • \$3.50</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
- Kinciad - 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

