

August

Congregate and Home-Delivered Meal Program

2022


**East Central Kansas Area Agency on Aging
Reservation or Cancellation for a meal must be
made with YOUR SITE by 11:00 a.m. the day before**

NUTRITION SITES

- Blue Mound -913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 620-591-9834
- Carbondale-785-893-1107
- Centerville - 855-396-9674 #2
- Colony -620-852-3530
- Garnett - 785-448-0065
- Kincaid - 620-439-5449
- Lane - 785-433-1172
- 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 -785-521-5170
- Williamsburg -785-746-5459

**ECKAAA Office
785-242-7200**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>	<u>2</u>	<u>Friendship Day 3</u>	<u>4</u>	<u>5</u>
Beef Macaroni Casserole Succotash Whole Wheat Bread Tropical Mixed Fruit	Pork Chop Black-Eyed Peas Spinach European Roll Mandarin Oranges	Turkey Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie 	Fish Sandwich Herbed Red Potatoes Mixed Vegetables Wheat Bun Pineapple Upside Down Cake	Chicken Salad Sandwich Bow Tie Salad Three Bean Salad Hoagie Bun Banana Pudding
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Chicken Fajitas Spanish Rice Charro Beans Soft Tortila Apricots	Barbeque Beef Macaroni and Cheese Pea Salad Bun (Higher Sodium) Cookie	Turkey and Vegetables Beets Biscuit Pineapple	Salisbury Steak Mashed Potatoes/Gravy Green Beans/Green Pepper Whole Wheat Roll Strawberries	Beef Rice Casserole Scalloped Tomatoes Carrot Raisin Slaw Whole Wheat Bread Pear Crumble
<u>15</u>	<u>16</u>	<u>Brithday Day 17</u>	<u>18</u>	<u>19</u>
Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple	Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll WhiteCake w/Choc. Frosting Ice Cream 	Swedish Meatball/Noodles Peas/onions Whole Wheat Bread Oatmeal Cookie (Higher sodium)	Chicken and Rice Casserole Mix Vegetables Whole Wheat Roll Dreamcicle Salad
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberry Cup	Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Oranges	Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Whole Wheat Bread Peanut Butter Bars	Turkey Hoagie Sandwich Slice Tomato Cabbage Slaw Peaches	Hamburger Steak/Gravy Oven Brownded Potatoes Creamed Peas Whole Wheat Bread Rosy Applesauce
<u>29</u>	<u>30</u>	<u>31</u>	Suggested meal donation • \$3.50	
Omelet Sausage Links Hash Brown Potatoes Biscuit Yogurt	Spaghetti/Meat Balls Zucchini Garlic Toast Lemon Bars	Sloppy Joe Macaroni Salad Beets Bun Orange Cottage Cheese Salad		