

# December





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  
YOUR SITE by 1:00 p.m. the day before

**NUTRITION SITES**

- Blue Mound -913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 620-364-2730
- Carbondale-785-893-1107
- Centerville - 855-396-9674 Ext# 2
- 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 - 855-396-9674 Ext# 1
- Osage City - 785-528-4170
- Osawatomie - 913-755-2443
- Ottawa - 785-248-0139
- Paola -913-294-9220
- Parker -855-396-9674 Ext# 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Friendship Day</b>		
	<p><b>1</b></p> <p>Cheesy Enchiladas Spanish Rice Refried Beans Shredded Lettuce Apricots</p>	<p><b>2</b></p> <p>Roast Beef/Gravy Whipped Potatoes Green Beans w/red peppers Wheat Roll Brownie</p> 	<p><b>3</b></p> <p>Chicken/Noodles Peas Carrots Pumpkin Muffin Peaches</p>	<p><b>4</b></p> <p>Chili Buttered Corn Wheat Crackers Cinnamon Roll Applesauce</p>
<p><b>7</b></p> <p>BBQ Pulled Pork Baked Potato Coleslaw Wheat Bun Stewed Apples</p>	<p><b>8</b></p> <p>Beef/Noodles Whipped Potatoes Green Beans/red peppers Dinner Roll Strawberry Cup</p>	<p><b>9</b></p> <p>Country Steak/Gravy Roasted Potatoes Buttered Corn Wheat Roll Pineapple Sunshine Cake</p>	<p><b>10</b></p> <p>Ranch Pork Chop Stuffing Sweet Potatoes Cranberry Muffin Mixed Fruit Cup</p>	<p><b>11</b></p> <p>Meatloaf Harvard Beets Au Gratin Potatoes Dinner Roll Oranges</p>
<p><b>14</b></p> <p>Bacon Ranch Chicken Scallop Potatoes Diced Carrots French Roll Orange Cottage Cheese Salad</p>	<p><b>15</b></p> <p>Parmesean Pork Chop Rice Pilaf Zucchini/Tomato Wheat Bread Peaches</p>	<p><b>16</b></p> <p>Chicken Fried Chicken Whipped Potatoes Green Beans/red peppers Wheat Roll Birthday Cake</p> 	<p><b>17</b></p> <p>Hamburger Patty Macaroni/Cheese Baked Beans Wheat Bun Pears</p>	<p><b>18</b></p> <p>Roast Beef/Gravy Cream Peas Whipped Potatoes Wheat Roll Ambrosia Salad</p>
<p><b>21</b></p> <p>Creamy Mushroom Steak Au Gratin Potatoes Mixed Vegetables Dinner Roll Tropical Mixed Fruit</p>	<p><b>22</b></p> <p>Sausage Gravy Cheese Omelette Potato Hash Brown Biscuit Strawberry Cup</p>	<p><b>23</b></p> <p>Sliced Ham Sweet Potatoes California Vegetables Wheat Roll Danish Pastry Fruit Cocktail</p> 	<p><b>24</b></p> <p style="text-align: center;"><b>CLOSED FOR HOLIDAY</b></p>	<p><b>25</b></p> <p style="text-align: center;"><b>CLOSED FOR HOLIDAY</b></p> <p style="text-align: center;"><b>Suggested meal donation • \$3.50</b></p>
<p><b>28</b></p> <p>Parmesean Chicken Scalloped Potatoes Harvard Beets French Roll Pudding</p>	<p><b>29</b></p> <p>Chicken Cordon Bleu Macaroni/Cheese Winter Mix Veg Dinner Roll Pineapple</p>	<p><b>30</b></p> <p>Ham and Beans Carrots Cornbread Peach crisp</p> 	<p><b>31</b></p> <p>Swiss Steak Blackeyed Peas Creamed Peas/Potatoes Wheat Bread Strawberry Cup</p>	<p><b>1-Jan</b></p> <p style="text-align: center;"><b>CLOSED FOR HOLIDAY</b></p>

