

April

Congregate and Home-Delivered Meal Program

2024

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

Suggested Meal Donation \$4.00

NUTRITION SITES

- Blue Mound -913- 756-2262
- Burlingame - 785-893-3425
- Burlington - 316-323-5664
- Carbondale-785-893-1107
- Centerville - 855-396-9674 #2
- Colony -620-852-3530
- Garnett - 785-448-0065
- Kincaid - 620-439-5449
- 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, 242-7200
- Paola - 913-294-9220
- Parker -855-396-9674 #3
- Pleasanton - 913-352-8896
- Pomona -785-566-3608
- Richmond - 785-835-6465
- Waverly - 785-733-2603

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u>	<u>2</u>	<u>Friendship Day 3</u>	<u>4</u>	<u>5</u>
Chicken Patty on Bun Potato Bites Broccoli (Bun) Strawberry Cup	Beef Tips and Noodles Peas and Carrots Whole Wheat Roll Mandarin Oranges	Meatloaf Mashed Potatoes/Gravy Corn Wheat Roll Fruit Fluff	Pork Chop Cottage Cheese Broccoli Whole Wheat Roll Mixed Fruit	Cheese Omelet Sausage Link Potato Bites Muffin Applesauce
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Taco Bake with Pinto Beans Spanish Rice Tortilla Strips Pineapple	Pork Fritter Mashed Potatoes/Gravy Carrots Whole Wheat Roll Apricots	Swedish Meatballs/Noodles Winter Mix Vegetable Garlic Toast Tropical Fruit	White Chicken Chili Mixed Vegetables Cinnamon Roll Orange Juice	BBQ Chicken Leg Potato Wedges Coleslaw Whole Wheat Roll Blush Pears
<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
Chicken & Noodles Mashed Potatoes Mixed Vegetables Whole Wheat Roll Apricots	Salisbury Steak Potato Wedges Peas and Onions Wheat Bread Pineapple	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Sweet Roll Cake Ice Cream	Chicken Fajita Rice Chuckwagon Corn Tortilla Mixed Fruit	Sloppy Joe Mixed Vegetable Beets Bun Peaches
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
Beef Macaroni Casserole Succotash Whole Wheat Bread Apricots	Smothered Pork Black-Eyed Peas Carrots Wheat Roll Mixed Fruit	Sweet & Sour Chicken Fried Rice Oriental Vegetables Whole Wheat Bread Cookie	Vegetable Beef Stew Biscuit Stewed Apples	Chicken Salad Potato Salad Pea Salad Hoagie Bun Apricots
<u>29</u>	<u>30</u>	<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>Frozen Meals Heat Best when they are thawed</p>		

ECKAAA Office
785-242-7200



Suggested meal donation \$4.00