

# CM February

Congregate and Home-Delivered Meal Program

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

## 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 - 620-439-5440  
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

**Hot Meal Reheating:**  
1. Microwave: Peel back lid/slit film to vent  
2. Microwave: 4-5 minutes on high  
A. Oven: Pre-heat to 350° F  
B. Oven: Place meal on cookie sheet  
C. Oven: Heat for 10 minutes



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cancellations <u>must</u> be made 24 hours in advance</p> <p><b>Suggested meal donation • \$3.50</b></p> <p>Menus subject to change.</p>	<p>All meals served with 2% milk.</p> <p>All jello is low sugar.</p> <p> Meal is high in sodium.</p>			<p><b>Sloppy Joe</b> <b>Macaroni Salad</b> <b>Sliced Carrots</b> <b>Bun</b> <b>Cookie</b></p>
<p><b>Mr. Rib</b> <b>Baked Beans</b> <b>Coleslaw</b> <b>Bun</b> <b>Peaches</b></p>	<p><b>Chicken Rice Casserole</b> <b>Broccoli</b> <b>Whole Wheat Bread</b> <b>Pears</b></p>	<p><i>Friendship Day!</i> <b>Roast Beef w/Gravy</b> <b>Whipped Potatoes</b> <b>Caribbean Blend</b> <b>Whole Wheat Roll</b> <b>Fruit Crisp</b></p>	<p><b>Chili</b> <b>Apple Sauce</b> <b>Crackers</b> <b>Orange juice</b> <b>Cinnamon Roll</b></p>	<p><b>Tuna Noodle Casserole</b> <b>Mixed Vegetable</b> <b>Whole Wheat Roll</b> <b>Strawberry &amp; Banana Mix</b></p>
<p><b>Scalloped Chicken</b> <b>Succatash</b> <b>Pineapple Chunks</b> <b>Whole Wheat Bread</b> <b>Brownie</b></p>	<p><b>Salmon Pattie</b> <b>Creamed Peas and Potatoes</b> <b>Apricots</b> <b>Whole Wheat Roll</b> <b>Cookie</b></p>	<p><b>Baked Ham</b>  <b>Scalloped Potatoes</b> <b>Winter Mix</b> <b>Whole Wheat Roll</b> <b>Pineapple Pudding</b></p>	<p><b>Pork Taco Meat</b> <b>Beans and Rice</b> <b>Shredded Lettuce</b> <b>Tortilla</b> <b>Citrus Salad</b></p>	<p><b>Beef Stroganoff</b> <b>Pickled Beets</b> <b>Whole Wheat Bread</b> <b>Peaches</b></p>
<p><b>Hamburger</b> <b>Potato Salad</b> <b>Stewed Tomatoes</b> <b>Bun</b> <b>Strawberry Cup</b></p>	<p><b>Swiss Steak</b> <b>Au Gratin Potatoes</b> <b>Peas</b> <b>Whole Wheat Roll</b> <b>Graham Cracker</b></p>	<p><i>Birthday Day!</i> <b>Chicken Fried Chicken with Gravy</b>  <b>Whipped Potatoes</b> <b>Tuscan Vegetables</b> <b>Whole Wheat Roll</b> <b>Cake &amp; Ice Cream</b></p>	<p><b>Turkey Ham and Beans</b> <b>Raw Vegetable Salad</b> <b>Cornbread</b> <b>Fruit Mix</b></p>	<p><b>Pork Pattie</b> <b>Sweet Potatoes</b> <b>Corn</b> <b>Whole Wheat Roll</b> <b>Pears</b></p>
<p><b>Spaghetti w/ Meat Sauce</b> <b>Tossed Salad</b> <b>Green Beans</b> <b>Whole Wheat Bread</b> <b>Apple Sauce</b></p>	<p><b>BBQ Chicken</b> <b>Baked Beans</b> <b>Macaroni Salad</b> <b>Whole Wheat bread</b> <b>Brownie</b></p>	<p><b>Meat Balls in Gravy</b> <b>Noodles</b> <b>Corn</b> <b>Whole Wheat Roll</b> <b>Fruit Mix</b></p>	<p><b>Seasoned Fish</b> <b>Macaroni and Tomatoes</b> <b>Winter Mix</b> <b>Whole Wheat Roll</b> <b>Peaches</b></p>	