





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 - 620-591-9834
 - 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 home delive
 - Pleasanton - 913-352-8896
 - Pomona -785-566-3608
 - Richmond - 785-393-4213
 - Waverly - 785-733-2603
- SK ABOUT OUR**
OUCHER PROGRAMS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Friendship Day	4	5
Taco Bake with Pinto Beans Spanish Rice Tortilla Strips Pineapple	Roast Pork w/ Gravy Scalloped Potatoes Carrots Whole Wheat Roll Applesauce	Meatloaf Mashed Potatoes/Gravy Corn Wheat Roll Strawberry and Blueberry Fluff 	July Fourth Holiday Closed	July Fourth Holiday Closed
8	9	10	11	12
Barbeque Beef Tips Baked Beans Bean Salad Bun Peaches	Chicken w/Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll Mixed Fruit	Salisbury Steak Potato Wedges Peas and Onions Wheat Bread Pineapple	Chicken Fajita Rice Refried Beans Tortilla Cookie	Sloppy Joe Mixed Vegetable Cheesy Potato Crowns Bun Pears
15	16	17 Birthday Day	18	19
Beef Macaroni Casserole Corn Whole Wheat Bread Pineapple	Swedish Meatball/Noodles Peas/Onions Whole Wheat Bread Tropical Fruit	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Cake Ice Cream 	Beef Tips and Peppers Brown Rice Broccoli Whole Wheat Bread Pears	Sliced Ham Potato Salad Pasta Salad Hoagie Bun Applesauce 
22	23	24	25	26
Chicken Alfredo/Pasta Broccoli Whole Wheat Bread Peaches	Riblet Cheesy Potato Bites Stewed Tomatoes & Zucchini Bun Fruit Fluff	Seasoned Chicken Breast Scalloped Potatoes Carrots Wheat Roll Mixed Fruit	Beef Hotdog Baked Beans Mixed Vegetables Bun Pudding 	Omelet Baby Bakers Muffin Stewed Apples
29	30	31	Frozen Meal Heating:	
Hamburger Baby Bakers Glazed Carrots Whole Wheat Bun Blush Pears	Spaghetti & Meat Sauce Winter Mix Garlic Toast Mandarin Oranges	Pork Cutlet Macaroni and Cheese Green Beans Whole Wheat Roll Mixed Fruit	<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



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