




JUNE

Congregate and Home-Delivered Meal Program 2021

East Central Kansas Area Agency on Aging
Reservation or Cancellation for a meal must be
made with YOUR SITE by 12:00 p.m. the day before

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	Friendship Day 2	3	4
	Spaghetti/Meat Balls Zucchini Garlic Toast Blush Pears	Roast Beef Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Strawberry Jello Cake 	Vegetable Beef Stew Coleslaw Cornbread  Pineapple Orange Fluff	Sloppy Joe Macaroni Salad Beets Bun Fruit Cocktail
7	8	9	10	11
Creamy Mushroom Steak Baby Bakers Broccoli Whole Wheat Bread Peaches	Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes (Bun) Fruit Cup	Chicken Tetrazzini Parslied Carrot Coins Pea Salad Whole Wheat Bread Apricots	Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Vanilla Pudding	BBQ Chicken Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread Brownie
14	15	Birthday Day 16	17	18
Salisbury Steak Mashed Potatoes/Gravy Green Beans/Green Pepper Whole Wheat Roll Strawberries	Pork Chop Black-Eyed Peas Spinach Wheat Roll Orange Fluff	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans/Green Pepper Whole Wheat Roll Cake/Ice Cream 	Beef Tips Noodles Mixed Vegetables Whole Wheat Roll Pumpkin Bar	Sliced Turkey Sandwich Bow Tie Salad Three Bean Salad Hoagie Bun Banana Pudding
21	22	23	24	25
Chicken Fajitas Spanish Rice Charro Beans Soft Tortila Pineapple	Barbeque Beef Macaroni and Cheese Pea Salad  Bun Peaches	Chicken Pot Pie Beets Biscuit Pear Cobbler	Beef Macaroni Casserole Succotash Whole Wheat Bread Tropical Mixed Fruit	Beef Rice Casserole Scalloped Tomatoes Carrot Raisin Slaw Whole Wheat Bread Cookie
28	29	30	Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute NOTE: Some foods may heat faster than others--may have to remove foods as they heat NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer Frozen Meals Heat Best when they are thawed	
Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberry Cup	Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Oranges	Meatloaf Herbed Red Potatoes Mixed Vegetables Whole Wheat Bread Cookie		

- NUTRITION SITES**
- Blue Mound -913- 756-2262
 - Burlingame - 785-893-3425
 - Burlington - 620-364-2730
 - Carbondale-785-893-1107
 - Centerville - 855-396-9674 #2
 - Colony -620-852-3530
 - Garnett - 785-448-6996
 - Kincaid - 620-439-5449
 - Lane - 785-869-2002
 - 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 -785-883-4334
 - Williamsburg -785-746-5459

ECKAAA Office
785-242-7200



Suggested meal donation • \$3.50