

# January

Congregate and Home-Delivered Meal Program

**2023**

**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**

**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 - 785-304-0065
- Kincaid - 620-439-5449
- Lane - 785-433-1172
- 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 -785-521-5170
- Williamsburg -785-746-5459

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <b>2</b>   | <b>3</b>  | <u>Friendship Day 4</u>   | <b>5</b>  | <b>6</b>  |
| Creamy Mushroom Steak<br>Baby Bakers<br>Broccoli<br>Whole Wheat Bread<br>Peaches   | Pork Riblet/Bun<br>Macaroni and Cheese<br>Baked Beans<br>(Bun)<br>Applesauce  | Roast Beef/Gravy<br>Mashed Potatoes<br>Green Beans<br>Whole Wheat Roll<br>Vanilla Cupcake w/choc. Frosting<br>  | Chicken Tetrazzini<br>Parslied Carrot Coins<br>Whole Wheat Bread<br>Apricots                            | Vegetable Beef Stew<br>Cornbread<br>Cookie  |
| <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>   | <b>13</b>   |
| Beef Macaroni Casserole<br>Succotash<br>Whole Wheat Bread<br>Tropical Mixed Fruit  | Pork Chop<br>Augrautin Potatoes<br>Brussel Sprouts<br>Wheat Roll<br>Mandarin Oranges                                | Chicken Cacciatore<br>Rice<br>Italian Green Beans<br>Whole Wheat Bread<br>Cherry Muffin   | Beef Tips<br>Noodles<br>Mixed Vegetables<br>Whole Wheat Roll<br>Fruit Cup                               | Lasagna Rolls<br>Meat Sauce<br>Mixed Vegetables<br>Bread Sticks<br>Banana Pudding w/wafers  |
| <b>16</b>  | <b>17</b>   | <u>Birthday Day 18</u>  | <b>19</b>   | <b>20</b>   |
| Chicken Fajitas<br>Spanish Rice<br>Charro Beans<br>Soft Tortila<br>Apricots        | Barbeque Beef<br>Oven Bakes Potatoes<br>Peas<br>Bun<br>Peaches<br>(Higher Sodium)                                   | Chicken Fried Chicken<br>Mashed Potatoes/Gravy<br>Carrot Coins<br>Whole Wheat Roll<br>Confetti Cake<br>Ice Cream<br>  | Salisbury Steak<br>Roasted Red Potatoes<br>Green Beans/Green Pepper<br>Whole Wheat Roll<br>Strawberries | Chili<br>Stewed Apples<br>Cinnamon Rolls<br>Orange Juice                                    |
| <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>   |
| Egg Rolls<br>Fried Brown Rice<br><br>Oriental Vegetable<br>Fortune Cookie<br>Pears | Ham & Beans<br>Mixed Vegetables<br>Corn Bread<br>Dried Fruit Mix  | Pork Cutlet<br>Sweet Potato Casserole<br><br>Green Beans<br>Whole Wheat Bread<br>Pineapple  | Swedish Meatball/Noodles<br>Peas/onions<br><br>Whole Wheat Bread<br>Cookie                              | Chicken/Gravy<br>Brown Rice<br><br>Winter Mix Vegetables<br>Whole Wheat Roll<br>Peach Crisp |
| <b>30</b>  | <b>31</b>   | <b>Frozen Meal Heating:</b>   |   | <b>Suggested meal donation ● \$3.50</b>   |
| Sausage Links<br>Biscuit & Gravy<br>Oven Browned Potates<br>Yogurt                 | Beef Tips and Peppers<br>White Rice<br>Peas and Carrots<br>Whole Wheat Roll<br>Tropical Fruit with Mandarin Oranges | <p>1. <b>Microwave:</b> Peel back lid OR poke holes in lid to allow venting</p> <p>2. <b>Microwave:</b> 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><b>Frozen Meals Heat Best when they are thawed</b></p> |   |   |

**ECKAAA Office  
785-242-7200**

