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# JULY

Congregate and Home-Delivered Meal Program

2022

**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**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Frozen Meal Heating:</b> 1. <b>Microwave:</b> Peel back lid OR poke holes in lid to allow venting 2. <b>Microwave:</b> 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 <b>Frozen Meals Heat Best when they are thawed</b>		<b>Suggested meal donation • \$3.50</b>		1 Hot Dog/Bun (all beef) Potato Salad Ranchero Fiesta Vegetable Bun Strawberry Cake 
<b>Fourth of July</b>  <b>Closed</b>	4 5 Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears	<b>Friendship Day 6</b> 6 Meatloaf Herbed Red Potatoes Mixed Vegetables Whole Wheat Roll Blueberry Crumble 	7 Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple	8 Swedish Meatball/Noodles Peas/onions Stewed Apples Wheat French Roll Oatmeal Cookie  Higher in Sodium
11 Biscuit & Sausage Gravy Hash Browns Strawberry Cup 	12 Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Orange Cottage Cheese Salad	13 Roast Pork Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie	14 Chicken Salad Pickled Beets Green Bean Salad Whole Wheat Bread Apricots	15 Swiss Steak Rice Pilaf Brussel Sprouts Whole Wheat Bread Cookie
18 Taco Bake Spanish Rice Seasoned Black Beans Tortilla Chips Pineapple	19 Spaghetti/Meat Balls Seasoned Zucchini Garlic Toast Blush Pears	<b>Birthday Day 20</b> 20 Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Lemon Cake/Ice Cream 	21 Turkey Mashed Potatoes/Gravy Peas and Carrots Whole Wheat Bread Peach Crumble	22 Sloppy Joe on Bun Macaroni & Cheese Beets Bun Peanut Butter Bars
25 Creamy Mushroom Steak Baby Bakers Broccoli Whole Wheat Bread Peaches	26 BBQ Chicken Hashed Browned Potatoes Seasoned Zucchini Whole Roll Brownie	27 Chicken Tetrizzini w/Peas Carrot Coins Whole Wheat Bread Apricots	28 Sliced Meatloaf Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Vanilla Pudding	29 Turkey Hoagie Sandwich Macaroni Salad Pickles Hoagie Bun Fruit Cup

**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 - 785-800-4108
- 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

**ECKAAA Office  
785-242-7200**

