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July

Congregate and Home-Delivered Meal Program

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

Reservation for a meal must be made with the site by 1:00 p.m. the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Frozen Meal Heating:</p> <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>Friendship Day 1</p> <p>Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Pear Crisp</p> 	<p>2</p> <p>Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Blueberries</p>	<p>3</p> <p>CLOSED FOR HOLIDAY</p> <p>Suggested meal donation • \$3.50</p>
<p>6</p> <p>Beef Stroganoff Diced Carrots French Roll Applesauce Cookie</p>	<p>7</p> <p>BBQ Chicken Baked Potato Cucumber Salad Dinner Roll Strawberry Cup</p>	<p>8</p> <p>Country Steak/Gravy Whipped Potatoes Scalloped Tomatoes Wheat Roll Peanut Butter Bar</p> 	<p>9</p> <p>Cheese Omelette Hash Brown Sausage Gravy Biscuit Mandarin Oranges</p>	<p>10</p> <p>Chicken Cordon Bleu Scalloped Potatoes Calico Corn Wheat Bread Raisins</p> 
<p>13</p> <p>Chili Mixed Vegetables Wheat Crackers Cinnamon Roll Blueberries</p>	<p>14</p> <p>BBQ Pork Ribette Cream Peas Stewed Apples Vegetable Juice Hoagie Bun</p>	<p>15</p> <p>Birthday Day</p> <p>Chicken Fried Chicken Whipped Potatoes/ Gravy Buttered Corn Wheat Roll Cake Pudding</p>  	<p>16</p> <p>Chicken Alfredo Diced Carrots Garlic Bread Pears Cookie</p>	<p>17</p> <p>Roast Beef/Gravy Whipped Potatoes Green Beans/red peppers Pineapple Muffin</p>
<p>20</p> <p>Chicken Casserole Broccoli/Cauliflower Peaches Cocoa Bread</p>	<p>21</p> <p>Sloppy Joe Sweet Potato Wedges Baked Beans Wheat Bun Strawberry Cup</p>	<p>22</p> <p>Smothered Steak Whipped Potatoes Zucchini/Tomatoes Wheat Roll Ambrosia Salad</p>	<p>23</p> <p>Ranch Pork Chop Macaroni/Cheese Three Bean Salad Wheat Bread Tropical Mixed Fruit</p>	<p>24</p> <p>Turkey/Noodles Whipped Potatoes Harvard Beets Dinner Roll Blueberries</p> 
<p>27</p> <p>Swiss Steak Au Gratin Potatoes Calico Corn French Roll Mandarin Oranges</p>	<p>28</p> <p>BBQ Pulled Pork Baked Potato Coleslaw Wheat Bun Tropical Fruit</p>	<p>29</p> <p>Beef Taco Spanish Rice Shredded Lettuce Tortilla Pineapple Cake</p>	<p>30</p> <p>Lasagna Roll Up/Marinara Peas/Carrots Scallop Tomatoes Garlic Bread Orange Cottage Cheese Salad</p> 	<p>31</p> <p>Potato Soup Egg Salad Stewed Apples Wheat Bread Cookie</p>

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
- Kincaid - 620-439-5449
- 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

Cancellations must be made with the site 24 hours in advance

