

M E N U

J U L Y

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

- 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



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>NOTE: Meals can be heated in an oven or warmer</p> <p>Frozen Meals Heat Best when they are thawed</p>		<p>Suggested meal donation • \$3.50</p>	<p style="text-align: right;">1</p> <p>Chicken and Noodles Zucchini and Tomatoes Spiced Peaches Whole Wheat French Roll White Cake</p>	<p style="text-align: right;">2</p> <p>Hamburger Steak/Gravy Oven Browned Potatoes Creamed Peas Whole Wheat Bread Applesauce</p>
<p style="text-align: right;">5</p> <p>HOLIDAY</p>	<p style="text-align: right;">6</p> <p>Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears</p>	<p style="text-align: right;">7</p> <p>Friendship Day</p> <p>Roast Beef Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Brownie</p> 	<p style="text-align: right;">8</p> <p>Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple</p>	<p style="text-align: right;">9</p> <p>Swedish Meatball/Noodles Peas/onions Stewed Apples Whole Wheat Bread Oatmeal Cookie</p> 
<p style="text-align: right;">12</p> <p>Creamy Mushroom Steak Baby Baker Broccoli Whole Wheat Bread Peaches</p>	<p style="text-align: right;">13</p> <p>Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes Fruit Cup</p>	<p style="text-align: right;">14</p> <p>Chicken Tetrazzini Parslied Carrot Coins Pea Salad Whole Wheat Bread Pears</p>	<p style="text-align: right;">15</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Herbed Green Beans Whole Wheat Roll Vanilla Pudding</p>	<p style="text-align: right;">16</p> <p>BBQ Chicken Hashed Browned Potatoes Seasoned Zucchini Whole Wheat Bread Brownie</p>
<p style="text-align: right;">19</p> <p>Taco Bake Spanish Rice Seasoned Black Beans Tortilla Pineapple</p>	<p style="text-align: right;">20</p> <p>Spaghetti/Meat Balls Zucchini</p> <p>Texas Toast Blush Pears</p>	<p style="text-align: right;">21</p> <p>Birthday Day</p> <p>Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Cake/Ice Cream</p> 	<p style="text-align: right;">22</p> <p>Roast Pork Herbed Red Potatoes Peas and Carrots Whole Wheat Bread Fruit Cup</p>	<p style="text-align: right;">23</p> <p>Vegetable Beef Stew Coleslaw Cornbread Fruit Fluff</p> 
<p style="text-align: right;">26</p> <p>Sliced Deli Ham Bow Tie Salad Three Bean Salad Whole Wheat Bun Banana Pudding</p> 	<p style="text-align: right;">27</p> <p>Beef Tips Black-Eyed Peas Spinach Wheat Roll Mandarin Oranges</p>	<p style="text-align: right;">28</p> <p>Beef Macaroni Casserole Succotash Whole Wheat Bread Tropical Mixed Fruit</p>	<p style="text-align: right;">29</p> <p>Pork Chops Noodles Mixed Vegetables Whole Wheat Roll Pineapple Upside Down Cake</p>	<p style="text-align: right;">30</p> <p>Open Face Turkey Sandwich Mashed Potatoes/Gravy Green Peas/Onion Whole Wheat Bread Cookie</p>