


MEMORIAL

Congregate and Home-Delivered Meal Program

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Chicken Pot Pie Stewed Tomatoes Biscuit Pineapple</p>	<p>4</p> <p>Beef Cabbage Casserole Mixed Vegetables Applesauce Cornbread Muffin Cookies</p>	<p>5 Friendship Day!</p> <p>Roast Beef/Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Roll Fruit Crisp</p> 	<p>6</p> <p>Glazed Chicken Legs Au gratin Potatoes Broccoli and Cauliflower Wheat Roll Mixed Fruit</p>	<p>7</p> <p>Sloppy Joe Marinade Bean Salad Sliced Carrots Bun Strawberry Cup</p>
<p>10</p> <p>Pork Patty Baked Beans Coleslaw Whole Wheat Bread Peaches</p>	<p>11</p> <p>Sweet & Sour Chicken Rice Oriental Vegetables Fortune Cookie Strawberry Cup</p>	<p>12</p> <p>Slice Turkey w/Gravy Whipped Potatoes Corn w/ Green & Red Peppers Whole Wheat Roll Apricots</p>	<p>13</p> <p>Hamburger/Bean Goulash Stewed Apples Whole Wheat Bread Pineapple Cinnamon Roll</p>	<p>14</p> <p>Tuna Salad Tomatoes and Zucchini Jello w/ Mandarin Oranges Crackers Brownie</p>
<p>17</p> <p>Scalloped Chicken/Potatoes Succatash Apricots Whole Wheat Bread Graham Crackers</p>	<p>18</p> <p>Beef Stroganoff Noodles Pickled Beets Whole Wheat Bread Peaches</p>	<p>19 Birthday Day!</p> <p>Chicken Fried Chicken with Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Roll Cake & Ice Cream</p> 	<p>20</p> <p>Pork Carnitas Mexican Rice Mexican Corn Tortilla Citrus Salad</p>	<p>21</p> <p>Salmon Pattie Potatoes Creamed Peas Whole Wheat Roll Pineapple</p>
<p>24</p> <p>Hamburger Potato Salad Cucumber/Onion Salad Bun Fruit Cup</p>	<p>25</p> <p>Swiss Steak Au Gratin Potatoes Peas Whole Wheat Roll Cookie</p>	<p>26</p> <p>Chicken Salad Confetti Cottage Cheese Pickles Beets Whole Wheat Roll Pears</p>	<p>27</p> <p>Pork Ham Sweet Potatoes Raw Vegetable Salad Whole Wheat Bread Strawberry Cup</p>	<p>28</p> <p>Sliced Turkey/Gravy Mashed Potatoes Broccoli Whole Wheat Roll Peach Crisp</p>
<p>30</p>			<p>Cancellations <u>must</u> be made 24 hours in advance</p> <p>Suggested meal donation • \$3.50</p>	<p>All meals served with 1% milk All jello is low sugar  Meal is high in sodium (more than 1200 mg)</p> <p>Menus subject to change.</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 - 620-439-5440
- 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

Hot Meal Reheating:

1. Microwave: Peel back lid/slit film to vent
2. Microwave: 5 minutes on high

