

M E N U March 2024

Congregate and Home-Delivered Meal Program

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

Suggested Meal
Donation \$4.00

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 - 785-448-0065
Kincaid - 620-439-5449
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, 242-7200
Paola - 913-294-9220
Parker -855-396-9674 #3
Pleasanton - 913-352-8896
Pomona -785-566-3608
Richmond - 785-393-4213
Waverly - 785-733-2603

ECKAAA Office
785-242-7200



Suggested meal
donation \$4.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IF Frozen Meal Heating: (Best if thawed before heating) 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 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 heated NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer Frozen Meals Heat Best when they are thawed				<u>Lent Menu 1</u>
				Vegetable & Cheese Omelet Potato Bites Applesauce Muffin Orange Juice
<u>4</u>	<u>5</u>	<u>Friendship Day 6</u>	<u>7</u>	<u>Lent Menu 8</u>
Chicken & Noodles Mashed Potatoes Mixed Vegetables Whole Wheat Roll Apricots	Salisbury Steak Potato Wedges Peas and Onions Wheat Bread Pineapple	Meatloaf Mashed Potatoes/Gravy Green Beans Wheat Roll Banana Pudding	Chicken Fajita Rice Chuckwagon Corn Tortilla Mixed Fruit	Vegetarian Mexican Casserole Cottage Cheese Carrots Whole Wheat Bread Pears
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>Lent Menu 15</u>
Beef Macaroni Casserole Succotash Whole Wheat Bread Apricots	Smothered Pork Chop Black-Eyed Peas Carrots Wheat Roll Mixed Fruit	White Chicken Chili Green Beans Whole Wheat Bread Stewed Apples	Vegetable Beef Stew Biscuit Spiced Peaches	Macaroni and Cheese Stewed Tomatoes Wheat Roll Mandarin Oranges
<u>18</u>	<u>19</u>	<u>Birthday Day 20</u>	<u>21</u>	<u>Lent Menu 22</u>
Pork Chop Sweet Potatoes Broccoli Whole Wheat Roll Pineapple	Spaghetti & Meat Sauce Winter Mix Garlic Toast Peaches	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Cake Ice Cream	Chicken Tenders Macaroni and Cheese Broccoli Whole Wheat Roll Mixed Fruit	Fish Sticks Augratin Potatoes Peas Whole Wheat Bread Pears
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>Good Friday 29</u>
Hamburger on Bun French Fries Glazed Carrots Whole Wheat Bun Apricots	Riblet Seasoned Potatoes Seasoned Zucchini Bun Tropical Fruit	Chicken Patty Cottage Cheese Green Beans Bun Fruit Fluff	Tater Tot Casserole Mixed Vegetables Whole Wheat Bread Pears	Biscuits/White Gravy Potato Bites Orange Juice