






M E N U MARCH 2021

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 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pork Taco Spanish Rice Black Beans Tortilla Pears</p>	<p>2</p> <p>Swedish Meatballs/Gravy Scalloped Potatoes Carrots Dinner Roll Stewed Apples</p>	<p>3 <u>Friendship Day</u></p> <p>Roast Beef Whipped Potatoes/Gravy Green Beans w/ Red Peppers Wheat Roll Brownie</p> 	<p>4</p> <p>Meatloaf Sweet Potatoes Broccoli/Cauliflower Dinner Roll Rosy Applesauce</p>	<p>5</p> <p>Macaroni/Cheese Peas/Onions Orange Juice Cup Dinner Roll Cookie</p>
<p>8</p> <p>Oriental Chicken Rice Oriental Vegetables Dinner Roll Fortune Cookie Strawberry Cup</p>	<p>9</p> <p>Beef Stroganoff Green Beans Cole Slaw French Roll Peaches</p>	<p>10</p> <p>Chicken Patty Au Gratin Potatoes Peas/Carrots Wheat Bun Peanut Butter Cookie</p> 	<p>11</p> <p>Turkey Ham and Beans Zucchini/Tomatoes Cornbread Pineapple</p>	<p>12</p> <p>Fettuccine Broccoli Pears Wheat Roll Fruit Crisp</p>
<p>15</p> <p>BBQ Pork Patty Creamed Peas Stewed Apples Wheat Roll Orange Juice Cup</p>	<p>16</p> <p>Beef Stew Butter Beets Pears Wheat Biscuit</p>	<p>17 <u>Birthday Day</u></p> <p>Chicken Fried Chicken Whipped Potatoes/Gravy Green Beans w/ Red Penners Wheat Roll Birthday Cookie</p> 	<p>18</p> <p>Chicken Alfredo/Noodles Mixed Vegetables Dinner Roll Strawberry Cup</p>	<p>19</p> <p>Vegetarian Bean Chili Diced Carrots Wheat Crackers Cinnamon Roll Mixed Fruit</p>
<p>22</p> <p>Sloppy Joe Sweet Potato Broccoli/Cauliflower Wheat Bun Citrus Fruit</p>	<p>23</p> <p>Chicken Paemesan Spaghetti Noodles Mixed Vegetables Dinner Roll Strawberry Cup</p>	<p>24</p> <p>Country Steak /Gravy Whipped Potatoes Tuscan Vegetable Wheat Roll Pineapple</p>	<p>25</p> <p>Ranch Pork Chop Stuffing Green Beans w/ Red Peppers Wheat Roll Pear Cobbler</p>	<p>26</p> <p>Salmon Patty White Potatoes Creamed Peas Wheat Roll Apricots</p> 
<p>29</p> <p>Swiss Steak Au Gratin Potatoes Calico Corn French Roll Peaches</p> 	<p>30</p> <p>Hamburger Potato Wedges Baked Beans Whole Wheat Bun Strawberry Cup</p>	<p>31</p> <p>Pork Loin/Gravy Whipped Potatoes Diced Carrots Wheat Roll Pear Crisp</p>	<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>	

ECKAAA Office
785-242-7200



Suggested meal donation • \$3.50