




UN MARCH

Congregate and Home-Delivered Meal Program

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cancellations <u>must</u> be made 24 hours in advance</p> <p>Suggested Meal Donation \$3.50</p> <p>Menus subject to change.</p>	<p>All meals served with 1% milk.</p> <p>All jello is low sugar.</p> <p> Meal is high in sodium (more than 1200 mg)</p>			<p> Salisbury Steak with Gravy</p> <p>Whipped Potatoes</p> <p>Peas and Carrots</p> <p>Whole Wheat Roll</p> <p>Oatmeal Raisin Cookie</p> <p>Grape Juice</p>
<p> BBQ Pulled Pork</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Bun</p> <p>Apricots</p>	<p>Meat Loaf</p> <p>Baby Baked Potatoes</p> <p>Corn</p> <p>Whole Wheat Roll</p> <p>Strawberry Cups</p>	<p>Friendship Day!</p> <p>Roast Beef/Gravy</p> <p>Whipped Potatoes</p> <p>Caribbean Blend</p> <p>Whole Wheat Roll</p> <p>Fruit Crisp</p> 	<p>Beef Stew</p> <p>Stewed Apples</p> <p>Cornbread</p> <p>Cookie</p>	<p>Chicken and Dumplings</p> <p>Broccoli</p> <p>Whole Wheat Roll</p> <p>Peaches</p>
<p>Chicken Pot Pie</p> <p>Spinach</p> <p>Biscuit</p> <p>Pinapple Tidbits</p>	<p>Beef Cabbage Caserole</p> <p>Mixed Vegetables</p> <p>Grape Juice</p> <p>Cornbread Muffin</p> <p>Cookies</p>	<p>Chicken Fried Steak</p> <p>Cream Gravy</p> <p>Mashed Potatoes</p> <p>Peas</p> <p>Wheat Bread</p> <p>Fruit Cup</p>	<p>Glazed Chicken Thigh</p> <p>Parmesan Potatoes</p> <p>Broccoli and Cauliflower</p> <p>Wheat Roll</p> <p>Banana</p>	<p>Sloppy Joe</p> <p>Macaroni Salad</p> <p>Sliced Carrots</p> <p>Bun</p> <p>Cookie</p>
<p> Mr Rib</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Bun</p> <p>Peaches</p>	<p>Chicken Rice Casserole</p> <p>Broccoli</p> <p>Whole Wheat Bread</p> <p>Pears</p>	<p> Birthday Day!</p> <p>Chicken Fried Chlcken with Gravy</p> <p>Whipped Potatoes</p> <p>Tuscan Vegetables</p> <p>Whole Wheat Roll</p> <p>Cake & Ice Cream</p> 	<p>Chili</p> <p>Stewed Apples</p> <p>Crackers</p> <p>Orange Juice</p> <p>Cinnamon Roll</p>	<p>Tuna Noodle Casserole</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread</p> <p>Strawberry Banana Mix</p>
<p>Scalloped Chicken</p> <p>Succatash</p> <p>Pineapple Chunks</p> <p>Whole Wheat Bread</p> <p>Brownie</p>	<p>Beef Stroganoff</p> <p>Pickled Beets</p> <p>Whole Wheat Bread</p> <p>Peaches</p>	<p>Baked Turkey Ham</p> <p>Scalloped Potatoes</p> <p>Winter Mix</p> <p>Whole Wheat Roll</p> <p>Fruit Cobbler</p>	<p>Pork Taco Meat</p> <p>Beans and Rice</p> <p>Shredded Lettuce</p> <p>Tortilla</p> <p>Citrus Salad</p>	<p>Salmon Pattie</p> <p>Potatoes</p> <p>Creamed Peas</p> <p>Whole Wheat Roll</p> <p>Apricots</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
- Kinciad - 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: 2-3 minutes on high
- A. Oven: Pre-heat to 350° F
B. Oven: Place meal on cookie sheet
C. Oven: Heat for 10 minutes

