






M E N U M A Y 2022

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**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Biscuit w/Sausage Gravy Hash Brown Potato Mandarin Oranges  | Barbeque Chicken AuGratin Potatoes Green Beans Wheat Bread Apricots | Meatloaf/Gravy Herbed Potatoes Carrot Coins Whole Wheat Roll Peach Crumble  | Turkey Mashed Potatoes/Gravy Mixed Vegetables Whole Wheat Bread Apple Sauce | Chicken Sandwich w/Cheese Baby Bakers Coleslaw Cookie Bun |
| 9 | 10 | 11 | 12 | 13 |
| Creamy Mushroom Steak Baby Bake Potatoes Broccoli Whole Wheat the Roll Peaches | Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes (Bun) Brownie  | Chicken and Noodles Mashed Potatoes Peas Whole Wheat Bread Peanut Butter Cookie | Swiss Steak Rice Pilaf Brussel Sprouts Whole Wheat Bread Fruit Cup | Taco with Beef Casserole Spanish Rice Tortilla Chips Banana Pudding |
| 16 | 17 | 18 | 19 | 20 |
| Sloppy Joe Herbed Potatoes Pickled Beets Slider Buns Citrus Salad | Spaghetti/Meat Balls Green Beans Bread Stick Rosy Applesauce | Chicken Fried Chicken Mashed Potatoes/Gravy Carrots Whole Wheat Roll Strawberry Cake Ice Cream  | Roast Pork Candied Sweet Potatoes Winter Mix Whole Wheat Bread Blush Pears | Ham & Turkey Hoagie Pea Salad Bun Lemon Fruit Cup |
| 23 | 24 | 25 | 26 | 27 |
| Cheese Burger Potato Salad Brussel Sprouts Whole Wheat Bun Stewed Apples | Chicken Tenders Au Gratin Potatoes Stewed Tomatoes Biscuit Pears | Pork Cutlet Sweet Potato Casserole Calico Corn Whole Wheat Bread Muffin | Swedish Meatball/Noodles Peas/onions Whole Wheat Bread Mandarin Oranges | Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Whole Wheat Roll Orange Cottage Cheese Salad  |
| 30 | 31 | Frozen Meal 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 they heat 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 | | |
| Memorial Day-Closed | Salisbury Steak Mashed Potatoes/Gravy Broccoli Wheat Roll Strawberry Cup | Suggested meal donation • \$3.50 | | |

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 - 785-800-4108
- Kincaid - 620-439-5449
- Lane - 785-433-1172
- 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 -785-521-5170
- Williamsburg -785-746-5459

**ECKAAA Office
785-242-7200**

