





# MAY 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 style="text-align: right;"><b>3</b></p> <p>Chicken Cacciatore Rice Italian Green Beans Whole Wheat Bread Stewed Apples</p>	<p style="text-align: right;"><b>4</b></p> <p>Sliced Turkey/Gravy Cornbread Dressing Green Peas/Onion Whole Wheat Roll Spiced Peaches</p>	<p style="text-align: right;"><b>5</b></p> <p style="text-align: center;"><b>Friendship Day</b></p> <p>Roast Beef Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Peach Cobbler <b>Friendship Day</b></p> 	<p style="text-align: right;"><b>6</b></p> <p>Beef Macaroni Casserole Mixed Vegetables Whole Wheat Bread Tropical Mixed Fruit</p>	<p style="text-align: right;"><b>7</b></p> <p>Pork Chop Black-Eyed Peas Spinach Wheat Roll Mandarin Oranges</p>
<p style="text-align: right;"><b>10</b></p> <p>Chicken Fajitas Spanish Rice Charro Beans Soft Tortila Cookie</p>	<p style="text-align: right;"><b>11</b></p> <p>Sloppy Joe Macaroni and Cheese Pea Salad Bun Peaches</p> 	<p style="text-align: right;"><b>12</b></p> <p>Turkey Pot Pie Beets Biscuit Brownie</p>	<p style="text-align: right;"><b>13</b></p> <p>Salisbury Steak Mashed Potatoes/Gravy Green Beans/Green Pepper Whole Wheat Roll Strawberries</p>	<p style="text-align: right;"><b>14</b></p> <p>Beef Rice Casserole Scalloped Tomatoes Carrot Raisin Slaw Whole Wheat Bread Pear Crumble</p>
<p style="text-align: right;"><b>17</b></p> <p>Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears</p>	<p style="text-align: right;"><b>18</b></p> <p>Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges</p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;"><b>Birthday Day</b></p> <p>Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans/Green Pepper Whole Wheat Roll Cake/Ice Cream</p> 	<p style="text-align: right;"><b>20</b></p> <p>Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple</p>	<p style="text-align: right;"><b>21</b></p> <p>Swedish Meatball/Noodles Peas/onions Stewed Apples Whole Wheat Bread Cookie</p> 
<p style="text-align: right;"><b>24</b></p> <p>Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberries</p>	<p style="text-align: right;"><b>25</b></p> <p>Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Mixed Fruit</p>	<p style="text-align: right;"><b>26</b></p> <p>Meatloaf Herbed Red Potatoes Mixed Vegetables Whole Wheat Bread Cookie</p>	<p style="text-align: right;"><b>27</b></p> <p>Ham and Beans Seasoned Spinach Cornbread Pears</p>	<p style="text-align: right;"><b>28</b></p> <p>Chicken and Noodles Zucchini and Tomatoes Spiced Peaches Whole Wheat French Roll Lemon Fruit Cup</p>
<p style="text-align: right;"><b>31</b></p> <p>Closed Memorial Day</p>			<p><b>Frozen Meal Heating:</b></p> <p>1. <b>Microwave:</b> Peel back lid OR poke holes in lid to allow venting</p> <p>2. <b>Microwave:</b> 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><b>Frozen Meals Heat Best when they are thawed</b></p>	

**ECKAAA Office**  
**785-242-7200**



**Suggested meal donation • \$3.50**