







MEMORIAL DAY

Congregate and Home-Delivered Meal Program

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

Reservation for a meal must be made with the site by 1:00 p.m. the

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All meals are served with 1% milk All jello is low sugar Menus subject to change daily.</p> <p> Meal is high in sodium (more than 1200 mg Sodium)</p>		<p>Cancellations must be made with the site 24 hours in advance</p> <p>Suggested meal donation • \$3.50</p>		<p>Sliced Turkey Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Brownie</p>
<p>4</p> <p>Sloppy Joe Potato Coins Broccoli/Cauliflower Wheat Bun Tropical Mixed Fruit</p>	<p>5</p> <p>Chicken & Dumplings Creamed peas French Roll Peaches</p>	<p>6 <u>Friendship Day</u></p> <p>Roast Beef/Gravy Whipped Potatoes  Diced Carrots Wheat Roll Blueberry Crisp</p>	<p>7</p> <p>BBQ Ribette Macaroni/Cheese Mixed Vegetables Wheat Bread Fruited Gelatin</p>	<p>8</p> <p>Country Fried Steak/Gravy Whipped Potatoes  Scalloped Tomatoes Dinner Roll Pineapple</p>
<p>11</p> <p>Swiss Steak Au Gratin Potatoes Calico Corn French Roll Mandarin Oranges</p>	<p>12</p> <p>Hamburger Potato Wedges Baked Beans Wheat Bun Strawberry Cup</p>	<p>13</p> <p>Pork Cutlet/Gravy  Stuffing Peas and Carrots Wheat Roll Pear Crisp</p>	<p>14</p> <p>Turkey/Noodles Whipped Potatoes Green Beans w/peppers Dinner Roll Tropical Fruit</p>	<p>15</p> <p>Chicken Salad Potato Soup Stewed Apples Crackers Cookie</p>
<p>18</p> <p>Goulash Harvard Beets Wheat Bread Rosy Applesauce Graham Crackers</p>	<p>19</p> <p>BBQ Pulled Pork Macaroni/Cheese Raw Vegetable Salad Wheat Bun Pineapple</p>	<p>20 <u>Birthday Day</u></p> <p>Chicken Fried Chicken  Whipped Potatoes/ Gravy Green Beans w/peppers Wheat Roll Cake Pudding Cup </p>	<p>21</p> <p>Smothered Steak Baked Potato Blueberries Bagel Cookie</p>	<p>22</p> <p>Roast Beef Scalloped Potatoes Broccoli/Cauliflower Pumpkin Muffin Mandarin Oranges</p>
<p>25</p> <p>CLOSED FOR MEMORIAL DAY HAVE A SAFE AND FUN HOLIDAY !!</p>	<p>26</p> <p>Spaghetti/Meatballs Corn Garlic Bread Mixed Fruit Cookie</p>	<p>27</p> <p>Cheese Omelette Hash Brown Potato Sausage Gravy Biscuit Mandarin Oranges</p>	<p>28</p> <p>Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Applesauce</p>	<p>29</p> <p>Creamy Chicken Lasagna Zucchini/Tomatoes Dinner Roll Tropical Fruit Cookie</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 - 620-439-5449
- 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

Frozen Meal Heating:

1. Microwave: Peel back lid/slit film to vent
2. Microwave: 2-4 minutes on high

