

# NOVEMBER 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 11:30 a.m. the day before**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>Friendship Day 3</b>	<b>4</b>	<b>5</b>
Cheese Burger Potato Salad Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges	Chicken Tenders Green Beans Stewed Tomatoes Whole Wheat Bread Pears	Slice Turkey Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Fruit Fluff 	Pork Cutlet Sweet Potato Casserole Calico Corn Whole Wheat Bread Pineapple	Swedish Meatball/Noodles Peas/onions Stewed Apples Whole Wheat Bread Oatmeal Cookie  Higher Sodium
<b>8</b>	<b>9</b>	<b>10</b>	<b>Veterans Day 11</b>	<b>12</b>
Chicken Patty on Bun Potato Rounds Broccoli (Bun) Strawberry Cup	Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Pineapple	Ham and Beans Seasoned Spinach Cornbread Apricots	Salisbury Steak/Gravy Potatoe Wedges Winter Mix Vegetables Whole Wheat Roll Strawberries	Chicken and Noodles Mashed Potatoes Whole Wheat French Roll Peaches
<b>15</b>	<b>16</b>	<b>Thanksgiving Meal 17</b>	<b>18</b>	<b>19</b>
Roast Pork Herbed Red Potatoes Carrots Whole Wheat Bread Blush pears	Spaghetti/Meat Balls Italian Blend Mixed Vegetables Texas Bread Peaches	Roast Turkey/Dressing Mashed Potatoes Green Bean Casserole Whole Wheat Roll Pumpkin Bar 	Chili Orange Juice Stewed Apples Cinammon roll	Vegetable Beef Stew Coleslaw Biscuit Fruit Mix
<b>22</b>	<b>23</b>	<b>Birthday Day 24</b>	<b>25</b>	<b>26</b>
Creamy Mushroom Steak Baby Bake Potatoes Broccoli Whole Wheat Bread Peaches	Pork Riblet/Bun Macaroni and Cheese Stewed Tomatoes (Bun) Fruit Cup	Chicken Fried Chicken Mashed Potatoes/Gravy Green Peas Whole Wheat Roll Strawberry Jello Cake Ice Cream	<b>CLOSED FOR HOLIDAY</b>	
<b>29</b>	<b>30</b>		<b>Frozen Meal Heating:</b> 1. <b>Microwave:</b> Peel back lid OR poke holes in lid to allow venting 2. <b>Microwave:</b> 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 <b>Frozen Meals Heat Best when they are thawed</b>	
Beef Macaroni Casserole Succotash Whole Wheat Bread Mixed Fruit	Pork Chop Black-Eyed Peas Spinach Wheat Roll Mandarin Oranges			

- 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
  - 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

ECKAAA Office  
785-242-7200



**Suggested meal donation • \$3.50**