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# November






Congregate and Home-Delivered Meal Program

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

Reservation or Cancellation for a meal must be made with  
**YOUR SITE** by 1:00 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 Ext# 2
- 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 - 855-396-9674 Ext# 1
- Osage City - 785-528-4170
- Osawatomie - 913-755-2443
- Ottawa - 785-248-0139
- Paola -913-294-9220
- Parker -855-396-9674 Ext# 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
<u>2</u> Chicken Casserole Diced Carrots 3 Bean Salad Pears Bagel	<u>3</u> Meatloaf Sweet Potatoes Broccoli/Cauliflower Mix Fruit Cup Muffin	<u>4</u> <b>Friendship Day</b> Roast Beef/Gravy Whipped Potatoes Green Beans w/red peppers Wheat Roll Peach Crisp 	<u>5</u> Beef/Noodles Stewed Apples Zucchini/Tomato Dinner Roll	<u>6</u> Chili Buttered Corn Wheat Crackers Cinnamon Roll Applesauce
<u>9</u> Fettuccine/Meatsauce Mixed Vegetables French Roll Strawberry Cup Cookie	<u>10</u> BBQ Pork Ribette Macaroni/Cheese Baked Beans Wheat Bun Apricots	<u>11</u> Country Steak/Gravy Whipped Potatoes Buttered Corn Wheat Roll Pineapple Sunshine Cake	<u>12</u> Beef Cabbage Casserole Harvard Beets Dinner Roll Oranges Cookie	<u>13</u> Ranch Pork Chop Stuffing Sweet Potatoes Cranberry Muffin Mixed Fruit Cup
<u>16</u> Bacon Ranch Chicken Scallop Potatoes Diced Carrots French Roll Orange Cottage Cheese Salad	<u>17</u> Beef Taco Spanish Rice Refried Beans Shredded Lettuce Tortilla Pineapple 	<u>18</u> <b>Birthday Day</b> Chicken Fried Chicken Whipped Potatoes Green Beans/red peppers Wheat Roll Birthday Cookie 	<u>19</u> BBQ Pulled Pork Baked Potato Baked Beans Wheat Bun Mandarin Oranges	<u>20</u> Roast Beef/Gravy Cream Peas Whipped Potatoes Wheat Roll Pear Crisp
<u>23</u> Smothered Steak Macaroni/Cheese Mixed Vegetables Dinner Roll Tropical Mixed Fruit 	<u>24</u> Sausage Gravy Cheese Omelette Potato Hash Brown Biscuit Strawberries	<u>25</u> Roast Turkey/Gravy Sweet Potatoes Stuffing Wheat Roll Pumpkin Pie/Cool Whip 	<b>CLOSED FOR HOLIDAY</b>	<b>CLOSED FOR HOLIDAY</b>
<u>30</u> Parmesean Chicken Scallop Potatoes Harvard Beets French Roll Oranges 	<b>Suggested meal donation • \$3.50</b>		<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>	

