

M E N U

November

Congregate and Home-Delivered Meal Program 2022

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

- 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 - 785-448-0065
 - 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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| Suggested meal donation • \$3.50 | 1 Beef Tips and Peppers White Rice Green Beans Whole Wheat Roll Oranges | 2 <u>Friendship Day 2</u> Roast Beef and Gravy Mashed Potatoes Peas and Carrots Whole Wheat Roll Brownie | 3 Chicken and Noodles Zucchini and Tomatoes Spiced Peaches Whole Wheat European Roll Cookie | 4 Ham and Beans Mixed Vegetable Cornbread Pears |
| | 7 | 8 | 9 | 10 |
| Taco Bake Spanish Rice Seasoned Black Beans Tortilla Peaches | Spaghetti/Meat Balls Green Beans Breadstick Pears | Baked Fish Rice Pilaf Mixed Vegetables Wheat Roll Pineapple Sunshine Cake | Chicken Fried Steak Mashed Potatoes/Gravy Brussell Sprouts Whole Wheat Roll Banana Pudding with Wafers | BBQ Chicken Baked Beans Carrot Coins Whole Wheat Bread Fruit Fluff |
| 14 | 15 | <u>Thanksgiving Celebration 16</u> | 17 | 18 |
| Beef Macaroni Casserole Succotash Whole Wheat Bread Tropical Mixed Fruit | Tater Tot Casserole Peas and Onions Wheat Roll Mandarin Oranges | Roast Turkey/Dressing Mashed Potatoes Green Bean Casserole Whole Wheat Roll Pumpkin Pie | Beef Tips Noodles Mixed Vegetables Whole Wheat Roll Pineapple | Lasagna Rolls Meat Sauce Mixed Vegetable Texas Toast Brownie |
| 21 | 22 | <u>Birthday Day 23</u> | 24 | 25 |
| Sloppy Joe Macaroni and Cheese Beets Bun Peaches | Vegetable Beef Stew Cornbread Fruit Mix | Chicken Fried Chicken Mashed Potatoes/Gravy Carrot Coins Whole Wheat Roll Lemon Cake Ice Cream | CLOSED FOR HOLIDAY | CLOSED FOR HOLIDAY |
| 28 | 29 | 30 | <p>Frozen Meal Heating:</p> <p>1. Microwave: Peel back lid OR poke holes in lid to allow venting</p> <p>2. Microwave: 2-4 minutes on high---Stop and Stir foods after each minute</p> <p>NOTE: Some foods may heat faster than others</p> <p>NOTE: Frozen meals may be different than menu</p> <p>NOTE: Meals can be heated in an oven or warmer</p> <p>Frozen Meals Heat Best when they are thawed</p> | |
| Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears | Chili Orange Juice Cinnamon Rolls Stewed Apples | Meatloaf Sweet Potato Casserole Green Beans Whole Wheat Bread Pumpkin Bar | | |