






October

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 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 Frozen Meals Heat Best when they are thawed		Suggested meal donation • \$3.50		
5 Spaghetti/Meat Balls Buttered Corn Texas Bread Strawberry Cup Cookie	6 Hamburger Macaroni/Cheese Baked Beans Wheat Bun Apricots	7 Friendship Day Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Pear Crisp 	8 Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Blueberries 	9 BBQ Pork Ribette 3 Bean Salad Macaroni/Cheese Hoagie Bun Pears
12 Beef/Noodles Whipped Potatoes Broccoli/Cauliflower Dinner Roll Blueberries	13 Chicken Patty Scallop Potatoes Diced Carrots French Roll Mix Fruit Cup	14 Chili Mixed Vegetables Wheat Crackers Cinnamon Roll Applesauce	15 BBQ Pulled Pork Baked Potato Green Beans/red peppers Wheat Bun Peach Cobbler	16 Meatloaf Cream Peas Stewed Apples Texas Bread Cookie
19 Smothered Steak Macaroni Salad Mixed Vegetables Dinner Roll Tropical Mixed Fruit 	20 Chicken Casserole Broccoli Strawberry Cup Bagel Cookie	21 Birthday Day Chicken Fried Chicken Whipped Potatoes Green Beans/red peppers Wheat Roll Chocolate Cake 	22 Beef Taco Spanish Rice Calico Corn Shredded Lettuce Tortilla Pineapple	23 Roast Beef/Gravy Whipped Potatoes Carrot Coins Muffin Pears
26 Sloppy Joe Au Gratin Potatoes Zucchini/Tomatoes Wheat Bun Applesauce	27 Ranch Pork Chop Stuffing Green Beans/red peppers Dinner Roll Mixed Fruit	28 Country Steak/Gravy Whipped Potatoes Buttered Corn Wheat Roll Blueberry Crisp 	29 Beef Stew Spiced Hot Peaches Biscuit Carrot Cake	30 Parmesean Chicken Scallop Potatoes Harvard Beets Texas Bread Oranges 

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

