

# 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

## 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<b>Suggested meal donation • \$3.50</b>		
5 Spaghetti/Meat Balls Buttered Corn Texas Bread Strawberry Cup Cookie	10 Hamburger Macaroni/Cheese Baked Beans Wheat Bun Apricots	6 Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Pear Crisp	7 Friendship Day Beef Cabbage Casserole Harvard Beets Dinner Roll Orange Cottage Cheese Salad Cookie	1 Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Blueberries
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	8 Ranch Pork Chop Stuffing Sweet Potatoes Pumpkin Muffin Applesauce	9 Lebo - 620-256-6166
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 Pleasanton - 913-352-8896
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 Pomona -785-566-3608

