



# MECEN October 2022

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 11:00 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b> <u>Freindship Day</u>	<b>6</b>	<b>7</b>
Creamy Mushroom Steak Baby Bakers Broccoli Whole Wheat Bread Peaches	Pork Riblet Macaroni and Cheese Stewed Tomatoes & Zucchini Whole Wheat Bun Fruit Cup  (Higher Sodium)	Meatloaf/Gravy Mashed Potatoes Green Beans Whole Wheat Roll Brownie  	Fish Sandwich French Fries Cole Slaw Bun Pears	Chicken & Noodles Mashed Potatoes Parslied Carrot Coins Whole Wheat Bread Cookie
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Beef Macaroni Casserole Succotash  Whole Wheat Bread Tropical Mixed Fruit	Pork Chop Black-Eyed Peas Spinach  Wheat Roll Mandarin Oranges	Chicken Cacciatore  Brown Rice Italian Green Beans Whole Wheat Bread Fruit Fluff	Beef Tips Noodles Mixed Vegetables  Whole Wheat Roll Pineapple Upside Down Cake	Sausage Links Country Gravy Biscuit Stewed Apples Orange Juice  (Higher Sodium)
<b>17</b>	<b>18</b>	<b>19</b> <u>Birthday Day</u>	<b>20</b>	<b>21</b>
Chicken Fajitas Spanish Rice Charro Beans Soft Tortila  Pears	Barbeque Beef Macaroni and Cheese Pea Salad Whole Wheat Bun  Peaches (Higher Sodium)	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Strawberry Cake w/ Frosting Ice Cream  	Turkey and Vegetables Beets  Biscuit  Pineapple Slices	Roast Pork AuGrautin Potatoes Winter Mix Vegetables Whole Wheat Bread  Blueberry Crumble/Oats
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Cheese Burger Potato Salad  Ranchero Fiesta Vegetable Whole Wheat Bun Mandarin Oranges	Chicken Tenders Calico Corn Stewed Tomatoes Whole Wheat Bread Pears	Pork Cutlet Sweet Potato Casserole Three Bean Salad Whole Wheat Bread Pineapple	Swedish Meatball/Noodles Peas/onions  Whole Wheat Bread Oatmeal Cookie (Higher sodium)	Chicken/Gravy Brown and Wild Rice Winter Mix Vegetables Whole Wheat Roll Fruit Crisp
<b>31</b>				
Chicken Patty Potato Rounds Broccoli Whole Wheat Bun Strawberry Cup		<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>		<p><b>Suggested meal donation • \$3.50</b></p>

**ECKAAA Office**  
**785-242-7200**

