

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

		CITE

Zucchini/Tomatoes Baked Beans Whipped Potatoes Calico Corn Wheat Bun Applesauce Turkey/Noodles Whipped Potatoes Whipped Potatoes Whipped Potatoes Whipped Potatoes Baked Potato Diced Carrots French Roll Peach Cobbler Peach Cobbler Pears Mound City - 913-795-260 Osage City - 785-528-417 Osawatomie - 913-755-24 Ottawa - 785-248-0139 Paola -913-294-9220 Parker -913- 898-6805 Pleasanton - 913-352-889 Pomona -785-566-3608 Whipped Potatoes Broccoli Stewed Apples Green Beans/red peppers Wheat Crackers Dinner Roll Blueberries Baked Potato Diced Carrots Scalloped Tomatoes Osage City - 785-528-417 Osawatomie - 913-755-24 Ottawa - 785-248-0139 Paola -913-294-9220 Parker -913- 898-6805 Pleasanton - 913-352-889 Pomona -785-566-3608 Richmond - 785-835-6465 Richmond - 785-835-6465 Suntlower -785-418-1222 Dinner Roll Blueberries Wheat Roll Vaverly - 785-733-2603 Applesauce Mixed Fruit Wellsville -785-883-4334	<u> </u>	rongregate and Florite Belivered Wear Frogram			NUTRITION SITES		
Suggested meal donation \$ \$3,50 Suggested meal donation \$ \$3,50 Substitution of the part of the	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Blue Mound -913- 756-22	
Suggested meal donation • \$3.50 Mandarin Oranges FOR Hamburger Zucchin/Tomatoes Baked Beans Wheat Roll Pear Coloke Wheat Brun Wheat Roll Pear Coloke Pear Coloke Wheat Roll Pear Coloke Pear Salve Nound City -13-32-8 Pear Coloke Pe		<u>1</u>	Friendship Day 2		<u>3</u>	4 Burlingame - 785-893-34	
Suggested meal donation • \$3.50 Mandarin Oranges Total Pear Crisp Hamburger Zucchini Tomatoes Baked Beans Wheat Roll Pear Cookle Torkey/Noodles Torkey/Noodles Torkey Potatoes Sizewed Apples Cookle Torkey Sizewed Mixed Vegetables Mixed Vegetables Mixed Potato Sixewed Potato Sixewed Potatoe Sizewed Apples Cookle Torkey Potatoes Mixed Potato Sizewed Apples Cookle Torkey Sizewed Whipped Potatoes Sizewed Apples Cookle Torkey Sizewed Wheat Roll Applesauce Mixed Fruit Chili Torkey Noodles Mixed Potato Sizewed Apples Cookle Torkey Sizewed Mixed Potatoe Mixed Fruit Wheat Roll Applesauce Mixed Fruit Sizewed Apples Sizewed		Cheese Omelette	Roast Beef	Meatloaf	BBQ Pork Ribette	Burlington - 620-364-273	
## Aprication ## Sa.50 ## Biscult Mandarin Oranges ## Biscult Mandarin ## Biscult Mandarin ## Bis		Hash Brown	Whipped Potatoes/Gravy	Sweet Potatoes	3 Bean Salad	Carbondale-785-893-110	
Mandarin Oranges Pear Crisp Blueberries Apricots Garnett - 785-448-9996 Kinclad - 62-439-5419 Leb - 620-356-5168 Kinclad - 620-356-5168 Leb - 620-356-5168 Kinclad - 620-356-5168 Blo Chicken Baked Potato Stuffing Applesauce Cookie Peach Cobbler Pears Diced Carrot Scalloped Tomatoes Osage City - 785-52-48-139 Pace - 785-52-4	Suggested meal	Sausage Gravy	Green Beans w/red peppers	Mixed Vegetables	Macaroni/Cheese	Centerville - 913-898-260	
Tourier Pears Part Pears Part Pears Part Pears Part Pears Part Part Pears Part Part Part Part Part Part Part Part	donation ● \$3.50	Biscuit		Wheat Bread	Hoagie Bun	Colony -620-852-3530	
Lane - 785-869-2002	QUILLE ÇOIGO	Mandarin Oranges	Pear Crisp	Blueberries	Apricots	Garnett - 785-448-6996	
CLOSED FOR HOLIDAY Hamburger ZucchinivTomatoes Baked Beans Wheat Bun Applesauce Diced Carrots Baked Potatoes Scalloped Tomatoes Oasge City - 785-524-073 Diced Carrots Oasge City - 785-5240-073 Diced Carrots Oasge			ha ha a h			Kinciad - 620-439-5449	
Hamburger Country Steak/Gravy BBQ Chicken Baked Potato Stuffing Country Steak/Gravy Whipped Potatoes Baked Potato Stuffing						Lane - 785-869-2002	
Turkey/Noodles Meatoaf Cream Peas Meatoaf Cream Peas Steved Apples Green Beans/red peppers Whipped Potatoes Macaroni/Cheese Baked Beans Calico Com Baked Beans Calico Com Diced Carrots Scalloped Tomatoes Scalloped Tomatoes Oasge City - 785-524-0139 Paola - 913-785-240 Ottawa - 785-244-0139 Paola - 913-785-240-9139 Paola	Ī	<u>7</u>	-			11 Lebo - 620-256-6166	
HOLIDAY Wheat Bun Wheat Roll Applesauce 14 Turkey/Noodles Cream Peas Cream Peas Stewed Apples Green Beans/red peppers Wheat Roll Cookle Stewed Apples Cookle Mixed Vegetables Whipped Potatoes Stewed Apples Green Beans/red peppers Wheat Roll Applesauce Wholidade Cookle Mixed Vegetables Whipped Potatoes Whater Cackers Uttered Corn Wheat Roll Applesauce Wheat Roll Wheat Roll Applesauce Wheat Roll Wheat Roll Applesauce Wheat Roll Applesauce Wheat Roll Wheat Roll Applesauce Wheat Roll Wheat Roll Wheat Roll Wheat Roll Applesauce Wheat Roll Wheat Beans A Gratin Potatoes Whipped Pota		S .			Roast Turkey/Gravy	Louisburg - 913-837-5113	
Wheat Bun Applesauce Cookie Peach Cobbler Pe						Mound City - 913-795-260	
Applesauce Cookie Peach Cobbler Pear's Oction Pear's Pear's Oction Pear's Pear'						Osage City - 785-528-4170	
Turkey/Noodles 14 15 Birthday Day 16 17 Chicken Fried Chicken Chicken Fried Chicken Chicken Fried Chicken Chicken Chicken Fried Chicken Chicke	HOLIDAY				' '		
Turkey/Noodles 14 Meatloaf Chicken Fried Chicken Whipped Potatoes Broccoli Stewed Apples Green Beans/red peppers Wheat Roll Cookie Pineapple Cake Whipped Potatoes Blutered Corn Wheat Roll Applesauce Whipped Potatoes Blutered Corn Wheat Roll Wheat Roll Applesauce Whipped Potatoes Sunflower -785-418-1222 Waverly -785-732-2603 Wellswiller-785-83-8465 Wheat Crackers Buttered Corn Wheat Roll Applesauce Wheat Roll Wheat Roll Applesauce Whipped Potatoes Sunflower -785-418-1222 Waverly -785-732-2603 Wellswiller-785-83-84334 Williamsburg -785-746-54		Applesauce	Cookie	Peach Cobbler	Pears	Ottawa - 785-248-0139	
Turkey/Noodles						Paola -913-294-9220	
Turkey/Noodles Whipped Potatoes Cream Peas Whipped Potatoes Stewed Apples Green Beans/red peppers Wheat Roll Pineapple Cake Whipped Potatoes Whipped Potatoes Stewed Apples Green Beans/red peppers Wheat Crackers Buttered Corn Whipped Potatoes Wheat Roll Wheat Roll Wheat Roll Mixed Fruit Wheat Roll Mixed Fruit Wellsville -785-883-4931 Williamsburg -785-732-603 Wellsville -785-883-4334 Williamsburg -785-746-54 Wellsville -785-883-4334 Will							
Whipped Potatoes Broccoli Stewed Apples Green Beans/red peppers Wheat Roll Applesauce Wheat Crackers Cinnamon Roll Wheat Bun Cookie Beef Taco Spanish Rice Calico Corn Spanish Rice Calico Corn Wheat Roll NOTE: Some toods may heat faster than others—may have to remove foods as they heat NOTE: Frozen meals may be different than menu			<u>- </u>		-		
Broccoli Dinner Roll Dinner Roll Blueberries Dinner Roll Dinner Ro	4				,		
Dinner Roll Blueberries Texas Bread Cookie Wheat Roll Pineapple Cake Pineapple	• •		''	· ·	'''		
Blueberries Cookie Pineapple Cake Pineapple Cake Applesauce Mixed Fruit Wellswille -785-883-4334 Williamsburg -785-746-54 Williamsburg -785-883-4334 Williamsburg -785-746-54 Wellswille -785-883-4334 Williamsburg -785-746-54 Williamsburg -785-883-4334 Williamsburg -785-746-54 Williamsburg -785-883-4334 Williamsburg -785-746-54 Ranch Pork Chop Macaroni/Cheese Green Beans/red peppers Harvard Beets Cocoa Bread Strawberry Cup Blueberry Crisp Beef Taco Spanish Rice Spanish Rice Spanish Rice Calico Corn Green Beans/red peppers Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on highStop and Stir foods after each minute NOTE: Some foods may heat faster than othersmay have to remove foods as they heat NOTE: Frozen meals may be different than menu		'''					
### Sloppy Joe Beef/Noodles Beef/Noodles Beans Au Gratin Potatoes Broccoli/Cauliflower Miliamsburg -785-746-54 Sloppy Joe Beef/Noodles Beans Au Gratin Potatoes Broccoli/Cauliflower Green Beans/red peppers Harvard Beets Dinner Roll Wheat Bun Wheat Roll Wheat Roll Wheat Bun Cookie Ambrosia Salad Strawberry Cup Blueberry Crisp BBQ Pulled Pork Baked Potato Spanish Rice Calico Corn Green Beans/red peppers Au Gratin Potato Spanish Rice Calico Corn Green Beans/red peppers Mixed Vegetables Calico Corn Green Beans/red peppers Mixed Vegetables Calico Corn Calico Corn Green Beans/red peppers Mixed Vegetables Calico Corn	1						
Smothered Steak Baked Beans Zucchini/Tomatoes Dinner Roll Tropical Mixed Fruit Beef/Noodles Whipped Potatoes Broccoli/Cauliflower Wheat Roll Ambrosia Salad Strawberry Cup Beef Taco Spanish Rice Au Gratin Potato Spanish Rice Calico Corn Mixed Vegetables Wheat Bun Peaches Shoredded Lettuce Tortilla Beef/Noodles Whipped Potatoes Whipped Potatoes Broccoli/Cauliflower Wheat Roll Wheat Roll Wheat Beans/red peppers Wheat Bread Strawberry Cup Blueberry Crisp Frozen Meal Heating: 1.Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on highStop and Stir foods after each minute Wheat Bun Peanutbutter Bar NOTE: Frozen meals may be different than menu	Blueberries	Cookie	Pineapple Cake	Applesauce	Mixed Fruit	Wellsville -785-883-4334 Williamsburg -785-746-54	
Smothered Steak Baked Beans Zucchini/Tomatoes Peas/Carrots Wheat Bun Cookie Baked Potato Baked	21	1 22	2 23		24	25	
Baked Beans Zucchini/Tomatoes Dinner Roll Tropical Mixed Fruit Baked Potatoes Baked Potato Baked Potato Baked Potato Mixed Vegetables Wheat Bun Corbination Shredded Lettuce Peaches Au Gratin Potatoes Broccoli/Cauliflower Wheat Roll Ambrosia Salad Whipped Potatoes Broccoli/Cauliflower Wheat Roll Ambrosia Salad Macaroni/Cheese Green Beans/red peppers Wheat Bread Strawberry Cup Bueberry Crisp Frozen Meal Heating: 1.Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on highStop and Stir foods after each minute Wheat Bun Peanutbutter Bar NOTE: Some foods may heat faster than othersmay have to remove foods as they heat NOTE: Frozen meals may be different than menu	· —		<u> </u>				
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BBQ Pulled Pork Baked Potato Mixed Vegetables Wheat Bun Peaches Deef Taco Symiss Steak Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar Swiss Steak Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar Swiss Steak Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar NOTE: Frozen Meal Heating: 1. Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on highStop and Stir foods after each minute NOTE: Some foods may heat faster than othersmay have to remove foods as they heat NOTE: Frozen meals may be different than menu	Tropical Mixed Fruit	Cookie	Ambrosia Salad			ST CENTRAL KANS	
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Baked Potato Spanish Rice Au Gratin Potato Mixed Vegetables Calico Corn Wheat Bun Peaches Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar I.Microwave: Peel back lid OR poke holes in lid to allow venting 2. Microwave: 2-4 minutes on highStop and Stir foods after each minute NOTE: Some foods may heat faster than othersmay have to remove foods as they heat NOTE: Frozen meals may be different than menu	<u> </u>			Frozen Meal Heating:			
Wheat Bun Shredded Lettuce Wheat Roll NOTE: Some foods may heat faster than othersmay have to remove foods as they heat NOTE: Frozen meals may be different than menu	Baked Potato	Spanish Rice	Au Gratin Potato	1. Microwave: Peel back lid OR poke holes in lid to allow venting			
Peaches Tortilla Peanutbutter Bar NOTE: Frozen meals may be different than menu	Mixed Vegetables	Calico Corn	Green Beans/red peppers	2. Microwave: 2-4 minutes on highStop and Stir foods after each minute			
	Wheat Bun	Shredded Lettuce	Wheat Roll	NOTE: Some foods may heat faster than othersmay have to remove foods as they heat			
Pineapple NOTE: Meals can be heated in an oven or warmer	Peaches	Tortilla	Peanutbutter Bar				
		Pineapple		NOTE: Meals can be heated in an	oven or warmer		