

# September

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
<p><b>Suggested meal donation • \$3.50</b></p>	<p><b>1</b></p> <p>Cheese Omelette Hash Brown Sausage Gravy Biscuit Mandarin Oranges</p>	<p><b>2</b></p> <p><u>Friendship Day</u></p> <p>Roast Beef Whipped Potatoes/Gravy Green Beans w/red peppers Wheat Roll Pear Crisp</p> 	<p><b>3</b></p> <p>Meatloaf Sweet Potatoes Mixed Vegetables Wheat Bread Blueberries</p>	<p><b>4</b></p> <p>BBQ Pork Ribette 3 Bean Salad Macaroni/Cheese Hoagie Bun Apricots</p> 
	<p><b>7</b></p> <p><b>CLOSED FOR HOLIDAY</b></p>	<p><b>8</b></p> <p>Hamburger Zucchini/Tomatoes Baked Beans Wheat Bun Applesauce</p>	<p><b>9</b></p> <p>Country Steak/Gravy Whipped Potatoes Calico Corn Wheat Roll Cookie</p>	<p><b>10</b></p> <p>BBQ Chicken Baked Potato Diced Carrots French Roll Peach Cobbler</p>
<p><b>14</b></p> <p>Turkey/Noodles Whipped Potatoes Broccoli Dinner Roll Blueberries</p>	<p><b>15</b></p> <p>Meatloaf Cream Peas Stewed Apples Texas Bread Cookie</p>	<p><b>16</b></p> <p><u>Birthday Day</u></p> <p>Chicken Fried Chicken Whipped Potatoes Green Beans/red peppers Wheat Roll Pineapple Cake</p> 	<p><b>17</b></p> <p>Chili Mixed Vegetables Wheat Crackers Cinnamon Roll Applesauce</p>	<p><b>18</b></p> <p>Roast Beef/Gravy Whipped Potatoes Buttered Corn Wheat Roll Mixed Fruit</p>
<p><b>21</b></p> <p>Smothered Steak Baked Beans Zucchini/Tomatoes Dinner Roll Tropical Mixed Fruit</p>	<p><b>22</b></p> <p>Sloppy Joe Au Gratin Potatoes Peas/Carrots Wheat Bun Cookie</p>	<p><b>23</b></p> <p>Beef/Noodles Whipped Potatoes Broccoli/Cauliflower Wheat Roll Ambrosia Salad</p>	<p><b>24</b></p> <p>Ranch Pork Chop Macaroni/Cheese Green Beans/red peppers Wheat Bread Strawberry Cup</p>	<p><b>25</b></p> <p>Parmesean Chicken Scallop Potatoes Harvard Beets Cocoa Bread Blueberry Crisp</p> 
<p><b>28</b></p> <p>BBQ Pulled Pork Baked Potato Mixed Vegetables Wheat Bun Peaches</p>	<p><b>29</b></p> <p>Beef Taco Spanish Rice Calico Corn Shredded Lettuce Tortilla Pineapple</p>	<p><b>30</b></p> <p>Swiss Steak Au Gratin Potato Green Beans/red peppers Wheat Roll Peanutbutter Bar</p> 	<p><b>Frozen Meal Heating:</b></p> <p>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</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>	

**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

