








September YEAR

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
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	Chicken Tetrizzini w/Peas Parslied Carrot Coins Whole Wheat Bread Apricots	Hot Dog/Bun Potato Salad Ranchero Fiesta Vegetable Bun Peach Crumble 
Labor Day Closed	Creamy Mushroom Steak Baby Baker Potatoes Broccoli Whole Wheat Bread Peaches	Friendship Day Meatloaf/Gravy Mashed Potatoes Green Beans Whole Wheat Roll Coffee Cake 	Omelet Sausage Links Hashed Brown Potatoes Biscuit Yogurt	BBQ Chicken Roasted Potatoes Zucchini w/Stewed Tomatoes Whole Wheat Bread Brownie
Beef Macaroni Casserole Succotash Whole Wheat Bread Tropical Mixed Fruit	Pork Chop Black-Eyed Peas Spinach European Roll Mandarin Oranges	Roast Beef/Gravy Mashed Potatoes Peas/Onions Whole Wheat Roll Apple Crisp QRTLTY CELEBRATION	Baked Fish Rice Pilaf Mixed Vegetables Wheat Roll Pineapple Upside Down Cake	Chicken Salad Sandwich Bow Tie Salad Three Bean Salad Hoagie Bun Peaches 
Chicken Fajitas Spanish Rice Charro Beans Soft Tortila Apricots	Barbeque Beef Macaroni and Cheese Pea Salad Bun Cookie 	Chicken Fried Chicken Mashed Potatoes/Gravy Green Beans Whole Wheat Roll Choc. Cherry Cake Ice Cream-Vanilla 	Swedish Meatball/Noodles Peas/onions Whole Wheat Bread Strawberries (Higher sodium) 	Chicken and Rice Casserole Mix Vegetables Whole Wheat Roll Orange Cottage Cheese Salad
Chicken Parmesan Broccoli Breadsticks Rosey Applesauce	Beef Tips and Peppers White Rice Peas and Carrots Whole Wheat Roll Oranges	Lasagna Roll w/Meat Sauce Green Beans Texas Toast Peaches	Sausage Gravy Stewed apples Hash Brown Potatoes Biscuit Yogurt 	Chicken Leg Oven Browned Potatoes Zucchini Whole Wheat Bread Cookie

ECKAAA Office
785-242-7200

