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Peas

Pears

Whole Wheat Bread

East Central Kansas Area Agency on Aging Office 785-242-7200

Reservation or cancelation for a meal must be made with the site by 11:00 a.m. the day before

Blue Mound -620-224-8845 Burlingame - 785-893-3425

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MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY		or 785-217-8687
	2		3	Friendship Day	<u>4</u>	<u>5</u>		<u>6</u>	Burlington - 913-961-8591
BBQ Chicken		Hamburger Beef Stroganoff		Meatloaf/Gravy	Chicken Alfredo		Deli Ham		Carbondale-785-893-1107
Baked Potato		Diced Carrots		Whipped Potatoes	Mixed Vegetables		Potato Salad		Centerville - 913-271-0459
Baked Beans		Stewed Apples		Green Beans w/peppers	Bread Stick		Carrot Salad	Salt	Colony -620-852-3530
Whole Wheat Bread		Whole Wheat Roll		Wheat Roll	Jello Fruit Cup		Bun		Garnett - 785-448-0065
Pears		Cookie		Fruit Crisp			Pudding		Kincaid - 620-439-5449
									Lebo - 620-256-6166
									Louisburg - 913-837-5113
	9	2	<u>10</u>	1	1	12		13	Mound City - 855-396-9674 #1
Sloppy Joe		Spanish Rice Casserole		Country Fried Steak/Gravy	BBQ Riblet		Pork Cutlet/Gravy		Osage City - 785-528-4170
Scalloped Potatoes		Broccoli/Cauliflower		Whipped Potatoes	Macaroni/Cheese		Baby Bakers		Osawatomie - 913-755-2443
Peas		Tortilla		Green Beans	Zucchini/Tomatoes		Sliced Carrots		Ottawa 785-248-0139,242-7200
Wheat Bun		Ambrosia Salad		Wheat Roll	Hoagie Bun		Dinner Roll		Paola - 913-731-3613
Peach Slices				Cookie	Applesauce		Strawberry Cup		Pleasanton - 913-352-8896
									Pomona -785-566-3522
					17				Richmond 785-393-4213
	<u>16</u>		<u>17</u>	Birthday Day 18	<u>1</u>	<u>19</u>		<u>20</u>	Waverly - 785-733-2603
Beef Hotdog		Hamburger w/Cheese		Chicken Fried Chicken	Smothered Pork Cutlet		Chicken Salad	40000	
Au Gratin Potatoes		Potato Wedges		Whipped Potatoes/ Gravy	Stuffing		Macaroni Salad	Salt	
Green Beans w/peppers		Baked Beans		Buttered Corn	Scalloped Tomotoes		Cottage Cheese/Fruit		ASK ABOUT OUR VOUCHER
Bun		Wheat Bun		Wheat Roll	Dinner Roll		Wheat Bread		PROGRAMS AT LANE, PAOLA,
Mandarin Oranges		Pineapple Slices		Cake	Tropical Fruit		Cookie		AND SPRING HILL!
				Ice Cream					
	23		<u>24</u>	<u>2</u>		<u>26</u>		27	ECKAAA Office
Goulash		Smothered Steak/Gravy		Spaghetti/Meat Sauce	Biscuit and Gravy		BBQ Pulled Pork	ACCURATE OF THE PARTY OF THE PA	785-242-7200
Harvard Beets		Whipped Potatoes		Italian Green Beans	Sausage Link		Macaroni/Cheese	Salt	
Peas and Onions		California Blend		Garlic Bread	Fruit Juice		Mixed Vegetables		S CENTRAL KANS
Wheat Bread		Wheat Roll		Pears	Fruit Medley		Wheat Bun		FRE ACETY ACITY
Fruit Cocktail		Pudding					Brownie		Will Will Co
	<u>30</u>								A THE WAY
Lasagna Roll w/Sauce			Frozen Meal Heating:						
D			AND PA						

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 \$4.00