

# August

Congregate and Home-Delivered Meal Program  
SUGGESTED DONATION \$4.00, MUST BE 60+

## 2026

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

or 785-217-8687

Burlington - 913-961-8591

Carbondale-785-893-1107

Centerville - 913-271-0459

Colony -620-852-3530

Garnett - 785-448-0065

Kincaid - 620-439-5449

Lebo - 620-256-6166

Louisburg - 913-837-5113

Mound City - 855-396-9674 #1

Osage City - 913-439-8513

Osawatimie - 913-755-2443

Ottawa 785-248-0139,242-7200

Paola - 913-731-3613

Pleasanton - 913-352-8896

Pomona- 785-242-7200

Richmond 785-393-4213

Waverly - 785-733-2603

| MONDAY                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                | THURSDAY                                                                                                                                              | FRIDAY                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b>                                                                                                                                                  | <b>4</b>                                                                                                                                                                                                                                                                                                                                                                           | <b>Friendship Day 5</b>                                                                                                                                                                  | <b>6</b>                                                                                                                                              | <b>7</b>                                                                                                                                                                            |
| Goulash<br>Peas and Onions<br>Wheat Bread<br>Sliced Peaches                                                                                               | Chicken and Noodles<br>Corn<br><br>Whole Wheat Bread<br>Blush Pears                                                                                                                                                                                                                                                                                                                | Meatloaf<br>Whipped Potatoes/ Gravy<br>Green Beans<br>Wheat Roll<br>Fruit Crisp                                                                                                          | Chicken Breast/Gravy<br>Stuffing<br>California Blend<br>Whole Wheat Bread<br>Applesauce                                                               | Ham & Cheese Sandwich<br>Coleslaw<br>Potato Salad<br>Cookie<br>Hoagie Bun w/Lettuce & Tomato<br> |
| <b>10</b>                                                                                                                                                 | <b>11</b>                                                                                                                                                                                                                                                                                                                                                                          | <b>12</b>                                                                                                                                                                                | <b>13</b>                                                                                                                                             | <b>14</b>                                                                                                                                                                           |
| Beef Hotdog/Bun<br>Baked Beans<br>Mixed Vegetables<br>Fruit Cocktail<br> | Chicken Tetrassini Casserole<br>Broccoli<br>Whole Wheat Roll<br>Pears                                                                                                                                                                                                                                                                                                              | Sliced Pork<br>Scalloped Potatoes<br>Green Beans<br>Wheat Roll<br>Dump Cake                                                                                                              | Chicken Fajitas<br>Spanish Rice<br>Pepper Blend<br>Tortilla<br>Pineapple Tidbits                                                                      | Omelet<br>Potato Bites<br>Blueberry Muffin<br>Fruit Fluff                                                                                                                           |
| <b>17</b>                                                                                                                                                 | <b>18</b>                                                                                                                                                                                                                                                                                                                                                                          | <b>Birth Day 19</b>                                                                                                                                                                      | <b>20</b>                                                                                                                                             | <b>21</b>                                                                                                                                                                           |
| Sloppy Joe on Bun<br>Baby Bakers<br>Peas<br>Bun<br>Mixed Fruit                                                                                            | BBQ Riblet<br>Augratin Potatoes<br>Chuckwagon Corn<br>Pudding<br>Hoagie Bun<br>                                                                                                                                                                                                                   | Chicken Fried Chicken<br>Whipped Potatoes/ Gravy<br>Green Beans<br>Wheat Roll<br>Cake<br>Ice Cream<br> | Lasagna Roll/Meat Sauce<br>Mixed Vegetables<br>Garlic Toast<br>Pineapple Tidbits                                                                      | Chicken Salad<br>Macaroni Salad<br>Cottage Cheese<br>Whole Wheat Bread<br>Peaches<br>            |
| <b>24</b>                                                                                                                                                 | <b>25</b>                                                                                                                                                                                                                                                                                                                                                                          | <b>26</b>                                                                                                                                                                                | <b>27</b>                                                                                                                                             | <b>28</b>                                                                                                                                                                           |
| Hamburger w/Cheese<br>Potato Wedges<br>Corn<br>Bun<br>Mixed Fruit                                                                                         | Salisbury Steak/Gravy<br>Mashed Potatoes<br>Green Beans<br>Whole Wheat Roll<br>Cookie                                                                                                                                                                                                                                                                                              | BBQ Chicken<br>Scalloped Potatoes<br>California Blend<br>Whole Wheat Bread<br>Applesauce                                                                                                 | Biscuit /Gravy<br>Sausage Link<br>Banana Nut Muffin<br>Pears<br> | Sweet & Sour Chicken<br>Fried Rice<br>Oriental Vegetables<br>Whole Wheat Bread<br>Sliced Peaches<br>Fortune Cookie                                                                  |
| <b>31</b>                                                                                                                                                 | <b>Frozen Meal Heating:</b><br><b>1.Microwave:</b> Peel back lid OR poke holes in lid to allow venting<br><b>2. Microwave:</b> 2-4 minutes on high---Stop and Stir foods<br>NOTE: Some foods may heat faster than others-<br>NOTE: Frozen meals may be different than menu<br>NOTE: Meals can be heated in an oven or warmer<br><b>Frozen Meals Heat Best when they are thawed</b> |                                                                                                                                                                                          |                                                                                                                                                       |                                                                                                                                                                                     |
| Cheeseburger Macaroni Casserole<br>Carrots<br>Whole Wheat Roll<br>Peaches                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                          |                                                                                                                                                       |                                                                                                                                                                                     |

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

ASK ABOUT OUR VOUCHER  
PROGRAMS AT LANE, PAOLA,  
AND SPRING HILL, OTTAWA,  
AND POMONA

