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# JULY

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**

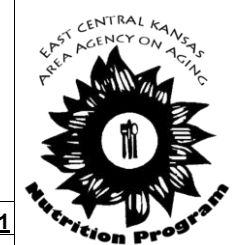
**Reservation or cancelation for a meal must be made  
with the site by 11:00 a.m. the day before**






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  
Osawatomie - 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

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

**ECKAAA Office  
785-242-7200**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Friendship Day 1</b>	<b>2</b>	<b>3</b>
<b>Frozen Meal Heating:</b> 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 NOTE: Some foods may heat faster than others- NOTE: Frozen meals may be different than menu NOTE: Meals can be heated in an oven or warmer <b>Frozen Meals Heat Best when they are thawed</b>		Meatloaf Whipped Potatoes/ Gravy Green Beans Wheat Roll Fruit Crisp	Beef Hotdog/Bun Baked Beans  Coleslaw Whole Wheat Bun Cookie  July 4th Celebration	<b>ECKAAA CLOSED FOR 4TH OF JULY HOLIDAY</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken Breast/Gravy Scalloped Potatoes California Blend Whole Wheat Bread Applesauce	Hamburger w/Cheese Potato Wedges Corn Bun Mixed Fruit	Mushroom Steak/Gravy Mashed Potatoes Green Beans Whole Wheat Roll Cookie	Biscuit/Gravy Sausage Link Banana Nut Muffin Pears	Sweet & Sour Chicken Fried Rice Oriental Vegetables Whole Wheat Bread Sliced Peaches Fortune Cookie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Chicken Fajita Baracho Beans Spanish Rice Tortilla Mixed Fruit	Cheeseburger Macaroni Casserole Carrots Whole Wheat Roll Peaches	Chicken Fried Chicken Whipped Potatoes/ Gravy Mixed Vegetables Wheat Roll Cake  Ice Cream	Sliced Pork /Gravy Stuffing Peas Whole Wheat Bread Pineapple Tidbits	Riblette Patty Baked Beans Coleslaw Whole Wheat Bun Muffin 
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
BBQ Riblet Augratin Potatoes Chuckwagon Corn Pudding Hoagie Bun 	Sloppy Joe on Bun Baby Bakers Peas Bun Mandarin Oranges	Salisbury Steak Mashed Potatoes/ Gravy Green Beans Wheat Roll Fruit Fluff	Lasagna Roll/Meat Sauce California Blend Garlic Toast Diced Peaches	Chicken Salad Potato Salad Cottage Cheese Pears Whole Wheat Bun 
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
Chicken Tenders Macaroni and Cheese Green Beans Whole Wheat Bread Mixed Fruit	Baked Chicken Scalloped Potatoes Peas and Carrots Whole Wheat Bread Fruit Medley	Spanish Rice Casserole Chuckwagon Corn Cornbread Mandarin Oranges	Omelet Potato Bites Blueberry Muffin Fruit Fluff	Pasta Noodles with Meatballs California Blend Bread Stick Diced Pineapple