





U N I T E D M A Y

Congregate and Home-Delivered Meal Program

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested meal donation • \$3.50	all meals served with 1% milk all jello is low sugar  Meal is high in sodium (more than 1200 mg) Menus subject to change. Cancellations <u>must</u> be made 24 hours in advance	Friendship Day 1 Roast Beef/Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Roll Fruit Crisp	2 Tuna Noodle Casserole Mixed Vegetables Whole Wheat Roll Strawberry Cup	3 Chili Stewed Apples Juice Crackers Cinnamon Roll
				9 Pork Taco Meat Beans and Rice Shredded Lettuce Tortilla Citrus Salad
 6 Baked Ham Scalloped Potatoes Winter Mix Whole Wheat Bread Peaches	7 Beef Stroganoff Noodles Carrots Whole Wheat Bread Fruit Cobbler	 8 Scalloped Chicken Succatash Pineapple Chunks Whole Wheat Roll Brownie	16 Turkey Ham and Beans Raw Vegetable Salad Cornbread Jello w/pineapple and marshmallow	17 Pork Pattie Sweet Potatoes Succatash Whole Wheat Roll Pears
 13 Hot Dogs Potato Salad 3 Bean Salad Bun Strawberry Cup	14 Swiss Steak Au Gratin Potatoes Peas Whole Wheat Roll Cookie	 15 Birthday Day! Chicken Fried Chicken with Gravy Whipped Potatoes Seasoned Green Beans Whole Wheat Roll Cake & Ice Cream	 23 Salisbury Steak Whipped Potatoes Peas and Carrots Whole Wheat Roll Juice	24 Chicken and Dumplings Broccoli Whole Wheat Roll Cookie
20 Spaghetti w/ Meat Sauce Green Beans Applesauce Whole Wheat Bread Graham Crackers	21 BBQ Chicken Potatoe Wedges Seasoned Zucchini Whole Wheat Bread Brownie	 22 Pork LoIn/gravy Noodles Corn Whole Wheat Roll Jello with carrots	30 Beef Stew Stewed Apples Cornbread Pineapple Chunks	31 Turkey Roast/gravy Baby Baked Potatoes Seasoned Green Beans Whole Wheat Roll Peaches
27 Memorial Day	28 Beef Goulash Winter Mix Whole Wheat Bread Peaches	29 Meat Loaf Marinade Bean Salad Carrots Whole Wheat Roll Strawberry Cups		

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
- Kincaid - 620-439-5440
- 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

Hot Meal Reheating:
 1. Microwave: Peel back lid/slit film to vent
 2. Microwave: 5 minutes on high

