

# DE Menu

Congregate and Home - Delivered Meal Program

Johnson County Area Agency on Aging Nutrition Program

SENIOR NEIGHBORHOOD CENTERS Donations: 11811 S Sunset Ste 1300 Olathe KS 66061 Home-Delivered Meal Coordinator • (913)715-8896

DeSoto: 585-1762 Gardner: 856-3471 Lenexa: 888-6141 Merriam/Shawnee: 677-2048 Overland Park: 648-2949 Spring Hill: 592-3180

HOME DELIVERED DISTRIBUTION SITE ONLY : Blue Valley: 980-3633 Olathe: 715-8898

In the event of bad weather listen to KCMO-AM 710, KMBZ-AM 980, KCMO-FM 94.9, or KLTH-FM 99.7 or television stations WDAF TV- 4, KCTV-5, KMBC TV- 9, KSHB TV-41 for Neighborhood Center closings and cancellation of home-delivered meals.

DECEMBER 2018

**\*MEALS WILL NOT BE LEFT IN CONTAINERS OR IF THE RECIPIENT IS NOT HOME\***

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p><b>Menu A- Meals On Wheels</b>  <b>**Menu B- Senior Centers Only**</b>  <b>This will include all side meal components as listed</b></p> <p> This meal is high in sodium  See back of menu for nutrition information.</p> <p><b>Suggested meal donation • \$3.00</b></p>				DECEMBER		Calories	Carbohydrates	Sodium		
				Weekly Average		Weekly Average	Weekly Average	Weekly Average		
				Week 1		703	99.0	890		
				Week 2		737	95.7	896		
				Week 3		700	90.8	791		
				Week 4		700	94.9	850		
Daily Standard			100 grams	800-1000 mg						
Targeted Daily		650-750								
<p><b>3</b></p> <p><b>A:</b> Apricot Mustard Chicken Thigh  <b>B:</b> Salisbury Steak  Garlic Parmesan Potatoes  Glazed Carrots  Multi Grain Bread  Chocolate Chip Cheesecake Pudding  *Diet - Chocolate Pudding</p>		<p><b>4</b></p> <p><b>A:</b> Meatloaf with Brown Gravy  <b>B:</b> Pork Loin with Brown Gravy  Whipped Potatoes  Green Beans with Peppers  Wheat Roll  Fresh Seasonal Fruit</p>		<p><b>5</b></p> <p><b>A:</b> Creamy Garlic Chicken Breast  <b>B:</b> Honey Glazed Ham  Mashed Yams  Lima Beans  Pumpnickel Roll  Pineapple Tidbits</p>		<p><b>6</b></p> <p><b>A:</b> Sloppy Joe  <b>B:</b> Breaded Chicken Patty  Whole Kernel Corn  Coleslaw  Wheat Hamburger Bun  Diet Apple Raisin Crisp</p>		<p><b>7</b></p> <p><b>A:</b> Eggplant Parmesan  <b>B:</b> Veal Parmesan  Penne Pomodoro  Broccoli  Wheat Breadstick  Tropical Fruit</p>		
<p><b>10</b></p> <p><b>A:</b> Country Fried Steak with Gravy  <b>B:</b> Honey Dijon Chicken Thigh  Garlic Parmesan Potatoes  Broccoli &amp; Cauliflower  Multi Grain Bread  Fresh Seasonal Fruit</p>		<p><b>11</b></p> <p><b>A:</b> Meatballs w/Marinara Sauce  <b>B:</b> Polish Sausage w/Sauerkraut  Green Beans  Roasted Potatoes  Hot Dog Bun  Cherry Applesauce</p>		<p><b>12</b></p> <p><b>Birth Day Day!</b>  <b>A:</b> Oven Fried Chicken Leg Quarter  <b>B:</b> Roast Beef with Gravy  Whipped Potatoes with Gravy  Creamed Peas  Wheat Roll  Brownie and Sherbet</p> 		<p><b>13</b></p> <p><b>A:</b> Turkey Ham &amp; Beans  <b>B:</b> Stuffed Cabbage Casserole  Mixed Vegetables  Sautéed Spinach  Cornbread Muffin  Ranger Cookie  *Diet - Vanilla Wafers</p>		<p><b>14</b></p> <p><b>A:</b> Lemon Pepper Fish  <b>B:</b> Pecan Chicken Breast  Brown Rice  Stewed Tomatoes  Wheat Roll  Peaches</p>		
<p><b>17</b></p> <p><b>A:</b> Chicken Enchilada Bake  <b>B:</b> Santa Fe Beef Chili  Spanish Rice  Fiesta Vegetables  Wheat Bread  Peaches</p>		<p><b>18</b></p> <p><b>A:</b> Marsala Meatballs  <b>B:</b> Beef Tips with Gravy  Egg Noodles  Green Peas  Multi Grain Bread  Pineapple Tidbits</p>		<p><b>19</b></p> <p><b>A:</b> Hamburger Patty  <b>B:</b> Sliced Turkey Breast  Cheddar Cheese/Lettuce/Tomato/Onion  Baked Beans  Mixed Vegetables  Wheat Hamburger Bun  Fresh Seasonal Fruit</p>		<p><b>20</b></p> <p><b>A:</b> Tomato Basil Chicken Thigh  <b>B:</b> Tuscan Pork Roast  Whipped Potatoes  Glazed Carrots  Multi Grain Bread  Mixed Fruit</p>		<p><b>21</b></p> <p><b>Holiday Meal</b>  <b>A:</b> Roast Beef with Onion Gravy  <b>B:</b> Honey Glazed Ham  Sweet Potato Casserole  Green Beans  Wheat Roll  Red Velvet Cake    *Diet - Red Velvet Cake</p>		
<p><b>24</b></p> <p><b>CHRISTMAS HOLIDAY!</b></p> <p><b>ALL CENTERS CLOSED</b></p> <p><b>NO MEAL DELIVERY</b></p> 		<p><b>25</b></p> 		<p><b>26</b></p> <p><b>A:</b> Beef Pot Roast w/Gravy  <b>B:</b> Balsamic Brown Sugar Chicken Thigh  Roasted Potatoes  Harvard Beets  Wheat Bread  Cherry Gelatin  *Diet - Fruited Gelatin</p>		<p><b>27</b></p> <p><b>A:</b> Chicken &amp; Dumplings  <b>B:</b> Green Pepper Casserole  Brussels Sprouts  Mixed Vegetables  Pumpnickel Roll  Peaches</p>		<p><b>28</b></p> <p><b>A:</b> Spinach Lasagna  <b>B:</b> Beef Ziti  Green Beans  Mixed Green Salad  Wheat Breadstick  Scalloped Apples</p>		