



JAN Menu

Johnson County Area Agency on Aging Nutrition Program

Congregate and Home - Delivered Meal 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.

JANUARY 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu A - Meals On Wheels **Menu B - Senior Centers Only** This will include all side meal components as listed	NEW YEAR'S HOLIDAY! ALL CENTERS CLOSED  NO MEAL DELIVERY	1 A: Florida Glazed Chicken Thigh B: Beef Jardine Garlic Parmesan Potatoes Broccoli & Cauliflower Wheat Roll Fresh Banana	2 A: Beef Spaghetti B: Chicken Parmesan Patty Mixed Green Salad Green Beans Wheat Breadstick Diet Blueberry Crisp	3 A: Battered Pollock B: Dijon Herb Pork Loin Scalloped Potatoes Brussels Sprouts Cornbread Muffin Applesauce
7 A: Country Fried Steak w/Gravy B: Honey Dijon Chicken Thigh Garlic Parmesan Potatoes Broccoli & Cauliflower Multi Grain Bread Fresh Seasonal Fruit	8 A: Meatballs w/Marinara Sauce B: Polish Sausage w/Sauerkraut Green Beans Roasted Potatoes Hot Dog Bun Cherry Applesauce	9 Birthday Day! A: Oven Fried Chicken Leg Quarter B: Roast Beef with Gravy Whipped Potatoes with Gravy Creamed Peas Wheat Roll Brownie and Sherbet *Diet-Brownie and Ice Cream 	10 A: Turkey Ham & Beans B: Stuffed Cabbage Casserole Mixed Vegetables Sautéed Spinach Cornbread Muffin Ranger Cookie *Diet - Vanilla Wafers	11 A: Lemon Pepper Fish B: Pecan Crusted Chicken Breast Brown Rice Stewed Tomatoes Wheat Roll Peaches
14 A: Sliced Turkey w/Brown Gravy B: Liver and Onions Whipped Potatoes Green Beans Wheat Roll Lemon Fruited Gelatin *Diet - Fruited Gelatin 	15 A: Fajita Chicken Strips B: Pork Carnitas Black Beans and Rice Cilantro Lime Corn Flour Tortilla Peaches	16 A: Cranberry Orange Chicken Thigh B: Mushroom Chopped Steak Whipped Potatoes Marinated Carrots Wheat Bread Diet Cherry Crisp	17 A: Beef & Broccoli B: Chicken Ratatouille Brown Rice Green Peas Multi Grain Bread Pineapple with Cottage Cheese	18 A: Baked Fish w/ Creamy Dill Sauce B: Oven Fried Chicken Breast Macaroni & Cheese Orange Beets Wheat Roll Fresh Seasonal Fruit
21 MARTIN LUTHER KING JR. HOLIDAY! ALL CENTERS CLOSED NO MEAL DELIVERY 	22 A: Meatloaf with Brown Gravy B: Pork Loin with Brown Gravy Whipped Potatoes Green Beans with Peppers Wheat Roll Fresh Seasonal Fruit	23 A: Creamy Garlic Chicken Breast B: Honey Glazed Ham Mashed Yams Lima Beans Pumpnickel Roll Pineapple Tidbits	24 A: Sloppy Joe B: Breaded Chicken Patty Whole Kernel Corn Coleslaw Wheat Hamburger Bun Diet Apple Raisin Crisp	25 A: Eggplant Parmesan B: Veal Parmesan Penne Pomodoro Broccoli Wheat Breadstick Tropical Fruit 
28 A: Chicken Enchilada Bake B: Santa Fe Beef Chili Spanish Rice Fiesta Vegetables Wheat Bread Peaches	29 A: Marsala Meatballs B: Beef Tips with Gravy Egg Noodles Green Peas Multi Grain Bread Pineapple Tidbits	30 A: Hamburger Patty B: Sliced Turkey Breast Cheddar Cheese/Lettuce/Tomato/Onion Baked Beans Mixed Vegetables Wheat Hamburger Bun Fresh Seasonal Fruit 	31 A: Tomato Basil Chicken Thigh B: Tuscan Pork Roast Whipped Potatoes Glazed Carrots Multi Grain Bread Mixed Fruit	Suggested meal donation • \$3.00  <div style="border: 1px solid black; padding: 2px; display: inline-block;">This meal is high in sodium</div> See back of menu for nutrition information. 