



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.

MARCH 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A: Sloppy Joe B: BBQ Chicken Baked Beans California Vegetables Whole Grain Hamburger Bun Fresh Fruit	3 A: Italian Chicken Chili B: Ham and White Beans Steamed Cauliflower Green Beans Cornbread Muffin Gingerbread Cookie	4 A: Turkey Breast with Gravy B: Cherry Glazed Ham Mashed Sweet Potatoes Spinach Dinner Roll Chocolate Pudding *Diet - Chocolate Pudding 	5 A: Beef and Broccoli B: Sweet and Sour Pork Jasmine Rice Oriental Mixed Vegetables Wheat Bread Ambrosia Salad	6 A: Eggplant Parmesan B: Swedish Beef Meatballs Rotini Pasta Broccoli Whole Wheat Breadstick Fruited Strawberry Gelatin *Diet - Fruited Gelatin
9 A: Hamburger Patty B: Citrus Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Spiced Peaches	10 A: Breaded Chicken Patty B: Sloppy Joe Spiced Beets Cucumber Salad Whole Grain Hamburger Bun Hot Spiced Apples	11 Birthday Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream 	12 A: Marinara Meatballs B: Smoked Polish Sausage Sauerkraut Scalloped Potatoes Broccoli Hot Dog Bun Fresh Fruit	13 A: Potato Crusted Fish B: Liver and Onions Macaroni & Cheese Caribbean Vegetables Wheat Bread Frosted Lime Gelatin *Diet - Frosted Lime Gelatin
16 A: Turkey Wild Rice Casserole B: Ham Potato Bake Green Beans Almandine Stewed Tomatoes Texas Bread Fresh Fruit	17 St. Patrick's Day Meal A: Baked Turkey Pastrami B: Liver and Onions Twice Whipped Potatoes Cabbage with Carrots Dinner Roll Frosted Lime Gelatin *Diet - Frosted Lime Gelatin 	18 A: Roast Beef with Gravy B: Pork Loin with Gravy Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Chocolate Chip Cookie *Diet - Graham Crackers	19 A: Breaded Chicken Tenders B: Meatloaf with Tomato Gravy Whole Kernel Corn Ranchero Vegetables Wheat Bread Fresh Fruit	20 A: Tuna Noodle Au Gratin B: Beef Spaghetti Cheesy Broccoli Green Peas Wheat Bread Diced Pears
23 A: Swiss Steak B: Honey Grilled Pork Delmonico Potatoes Green Beans Dinner Roll Butterscotch Pudding *Diet - Vanilla Pudding	24 A: King Ranch Chicken Casserole B: Bean Cheese Burrito w/Queso Mexican Rice Broccoli Wheat Roll Fresh Fruit	25 A: Pineapple Glazed Turkey Ham B: Country Breaded Steak w/ Gravy Mashed Red Potatoes Scalloped Tomatoes Multi Grain Bread Fruited Cherry Gelatin *Diet - Fruited Gelatin 	26 A: Parmesan Chicken B: Italian Style Pork Whole Kernel Corn Mixed Green Salad Wheat Bread Peach Crisp	27 A: Fish Sticks B: Cranberry Orange Chicken Macaroni and Cheese Peas and Carrots Wheat Bread Pineapple Tidbits 
30 A: Chicken Marsala B: Tomato Basil Turkey Rotini Alfredo Peas with Red Peppers Whole Wheat Breadstick Lemon Pudding *Diet - Vanilla Pudding	31 A: Creole Beef Steak B: Cajun Pork Patty Roasted Sweet Potatoes Cabbage Wheat Roll Fresh Fruit		Menu A - Meals On Wheels **Menu B - Senior Centers Only**	
			 This meal is high in sodium See back of menu for nutrition information.	
			Suggested meal donation • \$3.00	