

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.

OCTOBER 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>A: Beef Taco Salad B: Chicken Fajita Salad Mexican Rice with Corn Mixed Beans Tortilla Chips Strawberry Applesauce</p>	<p>2</p> <p>A: Potato Crusted Fish B: Country Fried Steak w/Gravy Garlic Parmesan Potatoes Green Beans Wheat Roll Pears</p>	<p>3</p> <p>A: Meatloaf with Brown Gravy B: Baked Chicken with Gravy Whipped Potatoes with Gravy Capri Vegetable Blend Wheat Bread Tropical Fruit</p>	<p>4</p> <p>A: Florida Glazed Chicken B: Creole Beef Steak Delmonico Potatoes Succotash Multi Grain Bread Mandarin Oranges</p>	<p>5</p> <p>A: Meatballs w/Marinara Sauce B: Smoked Polish Sausage Mashed Red Potatoes Broccoli & Cauliflower Hot Dog Bun Fruit Cocktail</p>
<p>8</p> <p>A: Green Pepper Casserole B: Chicken Alfredo Parmesan Tomatoes Italian Vegetable Blend Whole Wheat Bread Stick Pineapple Tidbits</p> 	<p>9</p> <p>A: Turkey w/Creamy Garlic Sauce B: Honey Glazed Ham Mashed Sweet Potatoes Whole Kernel Corn Biscuit Fresh Seasonal Fruit</p>	<p>10</p> <p>Birthday Day!</p> <p>A: Oven Fried Chicken Leg Quarter B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Beans Wheat Roll Brownie and Sherbet *Diet - Brownie and Ice Cream</p> 	<p>11</p> <p>A: Baked Fish w/Creamy Dill Sauce B: Turkey Tetrazzini Northern Beans Harvard Beets Wheat Bread Cherry Gelatin with Cherries *Diet - Fruited Gelatin</p>	<p>12</p> <p>A: Hamburger Patty B: Baked Chicken Lettuce, Tomato, & Onion Scalloped Potato Casserole Pineapple Coleslaw Whole Grain Hamburger Bun Peach Compote</p>
<p>15</p> <p>A: Sloppy Joe B: Krab Cake w/ Dill Sauce Roasted Potatoes Sliced Carrots WG Hamburger Bun Peaches</p>	<p>16</p> <p>A: Mushroom Chopped Steak B: BBQ Chicken Wings Au Gratin Noodles Green Beans Wheat Bread Fresh Seasonal Fruit</p>	<p>17</p> <p>A: Tilapia w/Lemon Caper Sauce B: Chicken Cacciatore Whipped Potatoes Orange Beets Whole Wheat Bread Stick Strawberry Swirl Pudding *Diet - Vanilla Pudding</p>	<p>18</p> <p>A: Sweet & Sour Pulled Chicken B: Sweet Thai Chili Shredded Pork Brown Rice Japanese Vegetable Blend Wheat Roll Pineapple Tidbits</p>	<p>19</p> <p>A: Roast Beef w/Brown Gravy B: Apricot Mustard Chicken Roasted Sweet Potatoes Green Peas Multi Grain Bread Cherry Applesauce *Diet - Applesauce</p>
<p>22</p> <p>A: Beef Ziti B: King Ranch Casserole Whole Kernel Corn Broccoli Whole Wheat Bread Stick Mandarin Oranges</p>	<p>23</p> <p>A: Lemon Pepper Fish B: Salisbury Beef w/Brown Gravy Garlic Mashed Red Potatoes Mixed Green Salad Wheat Bread Cinnamon Apples</p>	<p>24</p> <p>A: BBQ Chicken B: Pork w/Citrus Sauce Baked Beans Herb Potato Salad Multi Grain Bread Diet Blueberry Crisp</p>	<p>25</p> <p>A: Shepherd's Pie B: Turkey Pot Pie Glazed Beets Green Beans Wheat Bread Fruited Strawberry Gelatin *Diet - Fruited Gelatin</p>	<p>26</p> <p>A: Chicken w/Pesto Sauce B: Battered Pollock Mashed Sweet Potatoes Green Peas Multi Grain Bread Fresh Seasonal Fruit</p>
<p>29</p> <p>A: Oriental Orange Meatballs B: Honey Cashew Beef w/Broccoli Brown Rice Japanese Vegetable Blend Multi Grain Bread Pears</p>	<p>30</p> <p>A: Philly Beef Steak B: Cuban Shredded Pork Roasted Potatoes Cucumber Tomato Salad Hoagie Bun Diet Apple Raisin Crisp</p>	<p>31</p> <p>A: Chicken Marsala B: Beef Jardine Garlic Parmesan Potatoes Italian Vegetable Blend Whole Wheat Bread Stick Cherry Gelatin w/Cherries *Diet - Fruited Gelatin</p> 	<p>Menu A- Meals On Wheels **Menu B- Senior Centers Only** This will include all side meal components as listed</p> <p>Suggested meal donation • \$3.00</p>	

 This meal is high in sodium
See back of menu for nutrition information.