



# 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.

APRIL 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu A - Home-Delivered Meals</b> <b>**Menu B - Senior Centers Only**</b>			<b>1</b> <b>A:</b> Chicken Parmesan <b>B:</b> Eggplant Parmesan Rotini Pasta Roasted Brussels Sprouts Breadstick Fruited Orange Gelatin *Diet - Fruited Gelatin	<b>2</b> <b>A:</b> Egg Salad <b>B:</b> Deli Style Salad Broccoli Raisin Salad Tomato Spoon Relish Club Crackers Fudge Cream Cookie
 This meal is high in sodium See back of menu for nutrition information.				
<b>5</b> <b>A:</b> Meatloaf with Tomato Gravy <b>B:</b> Lemon Pepper Fish Whipped Potatoes California Vegetables Wheat Bread Oatmeal Cream Cookie	<b>6</b> <b>A:</b> Turkey A La King <b>B:</b> Mushroom Pork Loin Brown Rice Cheesy Brussels Sprouts Texas Bread Fresh Fruit	<b>7</b> <b>A:</b> Balsamic Brown Sugar Beef <b>B:</b> Creamy Garlic Chicken Roasted Sweet Potatoes Green Peas Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin	<b>8</b> <b>A:</b> BBQ Chicken <b>B:</b> BBQ Pork Rib Patty Mashed Red Potatoes Tossed Salad Dinner Roll Hot Spiced Pears	<b>9</b> <b>A:</b> Cheeseburger Macaroni <b>B:</b> Italian Shells and Cheese Green Beans Spring Vegetables Breadstick Fresh Fruit
<b>12</b> <b>A:</b> Marinara Turkey Meatballs <b>B:</b> Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit	<b>13</b> <b>A:</b> Hamburger Patty <b>B:</b> Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches	<b>14</b> <b>BirthDay Day!</b> <b>A:</b> Oven Fried Chicken <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Sherbet *Diet-Brownie and Sherbet	<b>15</b> <b>A:</b> Sloppy Joe <b>B:</b> Breaded Chicken Patty Sliced Beets Green Beans WG Hamburger Bun Fresh Fruit	<b>16</b> <b>A:</b> Potato Crusted Fish <b>B:</b> Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin
<b>19</b> <b>A:</b> Fajita Chicken <b>B:</b> Pork Carnitas Mexican Rice with Corn Pinto Beans Wheat Tortilla Pineapple Tidbits	<b>20</b> <b>A:</b> Beef Jardine <b>B:</b> Onion Chicken Mashed Red Potatoes Cauliflower Wheat Roll Chocolate Chip Cookie *Diet - Graham Crackers	<b>21</b> <b>A:</b> Turkey Breast with Gravy <b>B:</b> Honey Glazed Turkey Ham Mashed Spiced Yams Country Vegetables Cornbread Muffin Fresh Fruit	<b>22</b> <b>A:</b> Cowboy Spaghetti <b>B:</b> Chicken Alfredo Herbed Green Peas Cheesy Broccoli Wheat Bread Nutty Buddy Bar	<b>23</b> <b>A:</b> Baked Chicken with Gravy <b>B:</b> Beef with Peppered Gravy Parslied Rice Green Beans with Red Peppers Multigrain Bread Lemon Berry Pudding *Diet - Vanilla Pudding
<b>26</b> <b>A:</b> Tomato Swiss Steak <b>B:</b> Baked Chicken with Gravy Delmonico Potatoes Mixed Vegetables Dinner Roll Fresh Fruit	<b>27</b> <b>A:</b> Chicken Tenders <b>B:</b> Whole Grain Fish Nuggets Northern Beans Peas with Red Peppers Multigrain Bread Cherry Craisins	<b>28</b> <b>A:</b> Homestyle Beef Casserole <b>B:</b> Loaded Potato Casserole Tossed Salad Green Beans Texas Bread Hot Cinnamon Applesauce	<b>29</b> <b>A:</b> Turkey Pastrami <b>B:</b> Honey Glazed Ham Lima Beans Glazed Carrots Cornbread Muffin Oreo Cookies	<b>30</b> <b>A:</b> Tuna Salad <b>B:</b> Chicken Salad Lemon Orzo Pasta Salad Beet Salad Wheat Crackers Raisins

●Cancellations must be made 24 hours in advance ● Milk and Bread served daily ● Menus subject to change \*Indicates Diabetic substitution

MENUS APPROVED BY: Sarah Hutsler, RD, LD