

Fresh Fruit

Congregate and Home - Delivered

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: 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,

Meal Program KMBC TV- 9, KSHB TV-41 for Neighborhood Center closings and cancellation of home-delivered meals. Johnson County Area Agency on Aging Nutrition Program **★**MEALS WILL NOT BE LEFT IN CONTAINERS OR IF THE RECIPIENT IS NOT HOME ★ **AUGUST 2021 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** A: Chicken Alfredo A: Western Baked Beef A: Swedish Meatballs A: Chicken Salad A: Meatloaf with Tomato Gravy **B**: Beef Pepper Casserole B: Creamy Dill Chicken B: Tuna Salad B: Parmesan Fish B: Smoked Polish Sausage Whipped Potatoes Lemon Orzo Pasta Salad **Baked Potato Half** Cauliflower Delmonico Potatoes Ranchero Vegetables Green Beans Broccoli with Red Peppers **Glazed Carrots Beet Salad** Multigrain Bread Wheat Bread Club Crackers Wheat Bread Multigrain Bread Fudge Cream cookie Rice Krispy Treat Tropical Fruit Strawberry Swirl Pudding Fresh Fruit *Diet - Vanilla Pudding 13 10 Birthday Day! A: Marinara Turkey Meatballs A: Hamburger Patty A: Oven Fried Chicken A: Sloppy Joe A: Potato Crusted Fish B: Shredded BBQ Pork **B:**Polish Sausage with Sauerkraut **B:** Roast Beef with Gravy **B:** Breaded Chicken Patty **B:** Liver and Onions Twice Whipped Potatoes Lettuce/Tomato/Onion Whipped Potatoes with Gravy Sliced Beets Macaroni and Cheese Caribbean Vegetables Broccoli **Baked Beans** Green Peas with Onions Green Beans Whole Grain Hamburger Bun Hot Dog Bun Whole Grain Hamburger Bun Wheat Roll Wheat Bread Fresh Fruit Fresh Fruit Hot Spiced Peaches Brownie and Sherbet Lime Gelatin *Diet-Brownie and Sherbet Diet - Gelatin 20 16 18 19 A: Baked Chicken with Gravy A: Creole Beef Steak A: Turkey Rice Casserole A: Chicken Parmesan A: Roast Beef with Gravy B: Beef Burgundy **B:** Sausage and Spanish Rice **B:** Pork with Country Gravy B: Eggplant Parmesan **B:** Creamy Cajun Pork Loin Macaroni and Cheese Chuckwagon Corn Northern Beans Rotini Pasta Whipped Potatoes Italian Green Beans Okra and Tomatoes **Green Peas** Catalina Vegetables Spring Vegetables Multigrain Bread Wheat Bread Wheat Bread Breadstick Cornbread Muffin Chocolate Pudding Fresh Fruit **Graham Crackers** Raisins **Diced Pears** *Diet - Chocolate Pudding 24 27 <u> 26</u> A: Egg Salad A: Loaded Potato Casserole A: Sesame Mustard Chicken A: Pesto Chicken **A:** Beef Jardine B: Lemon Pepper Fish B: Turkey Breast & Swiss Cheese **B:** Turkey Pot Roast with Gravy **B**: Buffalo Chicken Pasta B: Mu Shu Pork Sugar Snap Peas Ranch Whipped Potatoes Whole Kernel Corn Rice Pilaf Lettuce/Tomato/Onion Mixed Vegetables **Green Beans** Stewed Tomatoes Three Bean Salad **Glazed Carrots** Multigrain Bread **Texas Bread** Whole Grain Hamburger Bun Wheat Bread Wheat Bread Pineapple Tidbits Cherry Craisins Fruit Cocktail Fresh Fruit Creamsicle Pudding *Diet - Vanilla Pudding 31 Menu A - Home-Delivered Meals A: Salisbury Beef w/Onion Gravy A: Glazed Turkey Ham **Menu B - Senior Centers Only** B: Herbed Pork Loin B: Mushroom Chicken Whipped Potatoes Lentils Mixed Vegetables Country Tomatoes This meal is high in sodium Wheat Bread Dinner Roll **Suggested meal**

Fruited Cherry Gelatin

*Diet - Fruited Gelatin

See back of menu for nutrition information.

donation ● \$3.00