



# 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 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> A: Curry Baked Chicken B: Creole Beef Steak Herbed Basmati Rice Capri Vegetables Multi Grain Bread Fresh Seasonal Fruit	<b>2</b> A: Salisbury Beef w/Onion Gravy B: Apricot Chicken Roasted Potatoes Green Beans Almondine Wheat Roll Fruit Cocktail	<b>3</b> A: Diced BBQ Chicken B: Sloppy Joe Corn O'Brien German Coleslaw Whole Grain Hamburger Bun Hot Fruit Compote	<b>4</b> A: Cranberry Orange Turkey B: Beef Pot Roast with Gravy Twice Whipped Potatoes Mixed Vegetables Wheat Roll Cherry Applesauce *Diet - Applesauce	<b>5</b> A: Tuna Noodle Au Gratin B: Cajun Chicken Pasta Parmesan Tomatoes Broccoli Wheat Bread Fig Bar *Diet - Vanilla Wafers
<b>8</b> A: Mushroom Wine Meatballs B: Citrus Pork Loin Green Peas with Pearl Onions Brussels Sprouts Multi Grain Bread Fresh Seasonal Fruit	<b>9</b> A: Turkey & Wild Rice Casserole B: Beef Shepherd's Pie Steamed Cauliflower Green Beans Wheat Bread Cinnamon Sugar Cookie *Diet - Vanilla Wafers	<b>10</b> <b>Birthday Day!</b> A: Oven Fried Chicken Leg Quarter B: Roast Beef with Gravy Whipped Potatoes California Vegetables Wheat Roll Brownie and Sherbet *Diet - Brownie and Ice Cream	<b>11</b> A: Hamburger Patty Lettuce/Tomato/Onion B: Pulled BBQ Turkey Baked Beans Sliced Carrots Whole Grain Hamburger Bun Raisins	<b>12</b> A: Bean Chili B: Creamy Dill Swai Baked Potato Broccoli with Cheese Sauce Cornbread Muffin Fresh Seasonal Fruit
<b>15</b> A: Chimichurri Chicken B: Mushroom Chopped Steak Candied Yams Okra and Tomatoes Wheat Bread Cranberry Gelatin *Diet - Fruited Gelatin	<b>16</b> A: Meatloaf with Tomato Gravy B: Lemon Caper Pork Loin Whipped Potatoes Scandinavian Vegetables Cornbread Muffin Mixed Fruit	<b>17</b> A: Turkey Tetrazzini B: Savory Beef Casserole Yellow Hominy Mixed Green Salad Whole Wheat Breadstick Bread Pudding	<b>18</b> A: Garlic Baked Chicken B: Balsamic Brown Sugar Beef Roasted Sweet Potatoes Broccoli Pumpnickel Roll Fresh Banana	<b>19</b> A: Beef Enchilada Pie B: Fajita Chicken Mexican Rice with Corn Mixed Beans Flour Tortilla Fruit Cocktail
<b>22</b> A: Potato Crusted Fish B: Beef Burgundy Au Gratin Noodles Mixed Vegetables Wheat Bread Mixed Fruit	<b>23</b> A: Swedish Meatballs B: Polish Sausage & Sauerkraut Delmonico Potatoes Honey Glazed Carrots Hot Dog Bun Fresh Seasonal Fruit	<b>24</b> A: Roast Beef w/Mushroom Gravy B: Lemon Butter Catfish Roasted Potatoes Glazed Carrots Wheat Roll Fruited Strawberry Gelatin *Diet - Fruited Gelatin	<b>25</b> A: BBQ Chicken B: Hamburger Patty Lettuce/Tomato/Onion O'Brien Potatoes Coleslaw Whole Grain Hamburger Bun Hot Spiced Pears	<b>26</b> A: Sweet Thai Baked Chicken B: Sweet & Sour Shredded Pork Jasmine Rice Japanese Vegetables Wheat Roll Tropical Fruit
<b>29</b> A: Beef Frito Pie B: King Ranch Chicken Casserole Spanish Rice Black Beans and Corn Fritos Chips Cinnamon Applesauce	<b>30</b> A: Country Fried Steak w/Gravy B: Country Captain Chicken Roasted Potatoes Roasted Brussels Sprouts Multi Grain Bread Cinnamon Swirl Pudding *Diet - Vanilla Pudding		<b>Menu A - Meals On Wheels</b> <b>**Menu B - Senior Centers Only**</b>  <b>Suggested meal donation • \$3.00</b>	
		 This meal is high in sodium See back of menu for nutrition information.		