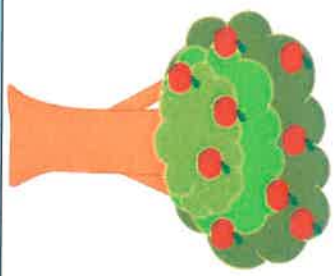


Meals On Wheels Lunch Menu – September 2023

Meals delivered on weekdays by volunteers to homebound seniors

Meals On Wheels 785-823-7555 – www.salinecounty.ks.gov

Meals fall in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Calcium: 400 mg or higher
 Sodium: 800-1,000 mg or less
 Fiber: 9 gm or higher



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4. Closed in Observance of Labor Day</p> 	<p>5. Turkey Meatballs with a Cranberry Glaze White Rice Peas & Carrots Sliced Peaches Wheat Bread with Butter</p> 	<p>6. Roast Beef Mashed Potatoes & Gravy Cheesy Broccoli Cherry Crisp Dinner Roll with Butter</p> 	<p>7. BBQ Chicken Leg Quarter Mixed Vegetables Mandarin Oranges Wheat Bread with Butter</p> 	<p>1. Scrambled Eggs with Sausage Patties Biscuits & Gravy Mandarin Oranges</p>
<p>11. Sausage & Cabbage Bake Mixed Vegetables Tropical Fruit Wheat Bread with Butter</p>	<p>12. BBQ Pulled Pork Sandwich Baked Beans Mac & Cheese Peas Wheat Bun</p>	<p>13. Fried Chicken Mashed Potatoes & Gravy Corn Nutter Butter Bars Dinner Roll with Butter</p>	<p>14. Swiss Steak Mashed Potatoes Green Beans Brownie Pudding Dessert Wheat Bread with Butter</p>	<p>8. Chili Glazed Cod Wild Rice Carrots Peanut Butter Cake Wheat Bread with Butter</p>
<p>18. Chicken & Noodles Mashed Potatoes Mixed Vegetables Pineapple Chunks Wheat Bread with Butter</p>	<p>19. Pork Fritter Sandwich Carrots Sliced Peaches & Peas Bun</p>	<p>20. Chicken Fried Steak Mashed Potatoes & Gravy Corn Pumpkin Bars Dinner Roll with Butter</p>	<p>21. Cheeseburger Soup California Blend Vegetables Sliced Peaches Wheat Bread with Butter</p>	<p>22. Chicken Strips Mashed Potatoes & Gravy Broccoli Sliced Peas Wheat Bread with Butter</p>
<p>25. Lasagna California Blend Vegetables Sliced Peaches Garlic Bread</p> 	<p>26. French Onion Chicken Rice Pilaf Peas & Carrots Fruit Cocktail Wheat Bread with Butter</p>	<p>27. Meatloaf Mashed Potatoes & Gravy Green Beans Black Forest Cake Dinner Roll with Butter</p>	<p>28. Meatballs with Marinara Mixed Vegetables Fruit Cocktail Garlic Bread</p>	<p>29. Chicken Enchilada Spanish Rice Refried Beans Churro</p> 