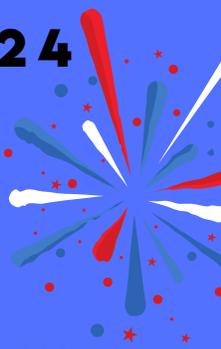
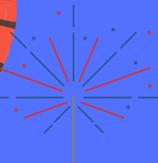


Meals all in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Sodium: 100-1,000 mg or less
 Fiber: 9 gm or higher

SENIOR CENTER LUNCH MENU - JULY 2024

Lunches are served on weekdays from 11:15 am - 1:15 pm - All ages welcome.
 For information, call the Senior Center at (785) 827-9818 - www.salinecountyks.gov



MONDAY

1. Sweet & Sour Pork
 White Rice
 Sugar Snap Peas
 Pineapple Chunks
 Wheat Bread with Butter

8. Pork Tenderloin
 Sandwich w/Toppings
 Baked Beans
 Sliced Pears
 Bun



15. Chicken & Noodles
 Mashed Potatoes
 Mixed Vegetables
 Applesauce
 Wheat Bread with Butter

22. Lasagna
 Mixed Vegetables
 Mandarin Oranges
 Garlic Bread



29. BBQ Meat Balls
 White Rice
 Peas & Carrots
 Applesauce
 Wheat Bread with Butter

TUESDAY

2. Meatball Sub
 Key Largo Vegetables
 Mandarin Oranges
 Bun

9. Scalloped Potatoes w/
 Little Smokies
 Peas & Carrots
 Mandarin Oranges
 Wheat Bread with Butter

16. Breaded Cod Fish
 Sandwich
 Cheesy Broccoli
 Tropical Fruit
 Bun



23. Hawaiian Chicken
 Rice Pilaf
 Capri Blend Vegetables
 Fruit Cocktail
 Wheat Bread with Butter

30. Meatloaf or Liver &
 Onions
 Mashed Potatoes & Gravy
 Loaded Green Beans
 Mandarin Oranges
 Dinner Roll with Butter

WEDNESDAY

3. Creamy Herb Chicken
 White Rice
 Cali Blend Vegetables
 Sliced Peaches
 Wheat Bread with Butter

10. Fried Chicken
 Mashed Potatoes & Gravy
 Buttered Corn
 Birthday Cake
 Dinner Roll with Butter

17. Made to Order Omelets
 or French Toast Bake
 Sausage Patties
 Biscuits & Gravy
 Mandarin Oranges

24. Chicken Fried Steak
 Mashed Potatoes & Gravy
 Buttered Corn
 Hot Fudge Lava Cake
 Dinner Roll with Butter

31. Chicken Strips
 Mashed Potatoes & Gravy
 Winter Blend Veggies
 Scotch-A-Roo's
 Dinner Roll with Butter

THURSDAY

4. CLOSED IN
 OBSERVANCE
 OF INDEPENDENCE DAY
4th of July

11. Beer Brats with Kraut
 Bahama Blend Vegetables
 Tropical Fruit
 Bun



18. Chicken Salad Stuffed
 Croissant
 Beets
 Fruit Cocktail

25. BBQ Pulled Pork
 Baked Beans
 Peaches & Pears
 Bun



FRIDAY

5. Tuna Noodle
 Winter Blend Vegetables
 Pineapple Tidbits
 Wheat Bread with Butter

12. Tater Tot Bake
 Winter Blend Vegetables
 Fruit Cocktail
 Wheat Bread with Butter

19. Ham & Beans
 Cali Blend Vegetables
 Sliced Pears
 Cornbread



26. Lemon Peppered
 Tilapia
 Wild Rice
 Key Largo Vegetables
 Pineapple Chunks
 Wheat Bread with Butter

