

Meals all in the following ranges:

Calories: 650-750

Protein: 25 grams or higher

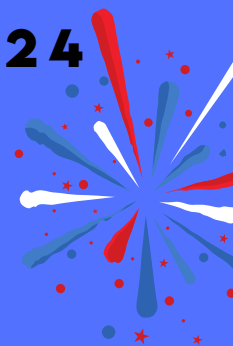
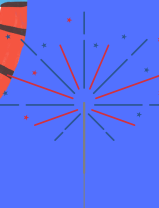
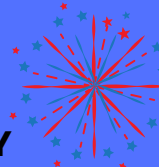
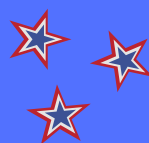
Fat: 20-30% of calories

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](http://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

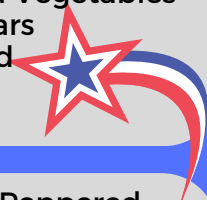


## FRIDAY

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

