

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: 9gm or higher

Meals on Wheels Menu-May 2025

Lunches served on weekdays from 11:15 am to 1:15 pm - All ages welcome.

For information call the Senior Center at (785) 827-9818 - www.salinecountyks.gov

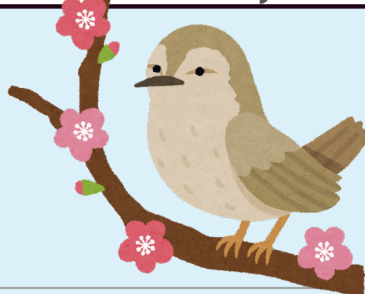
Monday



Tuesday



Wednesday



Thursday

Friday

5 <u>CINCO DE MAYO MEAL</u> Tamale Pie Mexican Corn Spanish Rice Pears	6 Fried Fish Sandwich Buttered Broccoli Fruit Cocktail Bun	7 Fried Chicken Mashed Potatoes Gravy Buttered Sweet Corn Dinner Roll with Butter Dessert Cake	8 Chili Mac Buttered Sweet Corn Cinnamon Applesauce Wheat Bread w/ Butter	2 Bacon Cheeseburger Tater Tots Seasoned Carrots Jello Cake Bun
12 Chicken & Noodles Mashed Potatoes Peas & Carrots Mandarin Oranges Wheat Bread w/ Butter	13 Sloppy Joe Sandwich Seasoned Peas Fruit Cocktail Bun	14 Creamy Paprika Pork Rice Medley Winter Blend Veggies Butterscotch Pudding Wheat Bread w/ Butter	15 Shepards Pie w/ Mashed Potatoes Loaded Green Beans Pears Dinner Roll w/ Butter	9 <u>MOTHERS DAY MEAL</u> Chicken Alfredo Buttered Broccoli Pineapple Upside Down Cake Garlic Bread
19 Sweet & Sour Chicken Fried Rice Stir Fry Veggies Pineapple Tidbits Wheat Bread w/Butter	20 Pulled Pork Sandwich Baked Beans Coleslaw Peach Cake Bun	21 Salisbury Steak Mashed Potatoes Gravy Cali Blend Veggies Applesauce Dinner Roll w/ Butter	22 Frito Pie Mexican Corn Mandarin Oranges Wheat Bread w/ Butter	23 Chicken Fried Steak Mashed Potatoes Gravy Cheesy Broccoli Pear & Lime Jello Dinner Roll w/ Butter
26 CLOSED FOR MEMORIAL DAY 	27 Pork Fritter Sandwich Peas & Carrots Applesauce Bun	28 Meatloaf Mashed Potatoes Gravy Buttered Green Beans Mandarin Orange Jello Dinner Roll w/ Butter	29 Hamburger Stroganoff Mashed Potatoes Seasoned Cauliflower Applesauce Dinner Roll w/ Butter	30 Tuna Noodle Casserole Seasoned Peas Pears Wheat Bread w/Butter