

Meals On Wheels Lunch Menu – April 2024

Meals fall in the following ranges:

Calories: 650-750

Protein: 25 grams or higher

Fat: 20-30% of calories

Calcium: 400 mg or higher


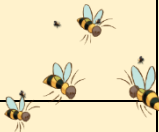


Sodium: 800-1,000 mg or less

Fiber: 9 gm or higher

Meals delivered on weekdays by volunteers to homebound seniors

Meals On Wheels 785-823-7555 – www.salinecountyks.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Chili Cinnamon Roll Mixed Vegetable Tropical Fruit 	2. Smothered Pork Chop Roasted Red Potatoes Carrots Sliced Pears Wheat Bread with Butter	3. Fried Chicken Mashed Potatoes & Gravy Corn Chocolate Pudding Dinner Roll with Butter	4. Sloppy Joes Mac & Cheese Sliced Apples Bun 	5. Lemon Peppered Tilapia Wild Rice Peas Diced Peaches Wheat Bread with Butter
8. Lasagna California Blend Vegetable Fruit Cocktail Garlic Bread	9. BBQ Pulled Pork Baked Beans Mac & Cheese Mandarin Oranges Bun	10. Bierocks Antigua Blend Vegetable Applesauce 	11. Chicken Strips Mashed Potatoes & Gravy Cheesy Broccoli Mandarin Oranges Wheat Bread with Butter	12. Garlic Herb Glazed Cod Rice Pilaf Green Beans Diced Pears Wheat Bread with Butter
15. Beef & Noodles over Mashed Potatoes Winter Blend Vegetable Tropical Fruit Wheat Bread with Butter	16. Bacon Swiss Breaded Chicken Breast Sandwich Peas & Carrots Pineapple Chunks Bun 	17. Meatloaf Mashed Potatoes & Gravy Green Beans Lemon Bars Dinner Roll with Butter	18. BBQ Chicken Leg Quarter Carrots Pineapple Tidbits Wheat Bread with Butter	19. Tuna Noodle California Blend Vegetable Diced Peaches Wheat Bread with Butter
22. Sweet & Sour Meatballs White Rice Key Largo Vegetables Applesauce Wheat Bread with Butter	23. Chicken Enchilada Bake Refried Beans Spanish Rice Fruit Cocktail 	24. Chicken Fried Steak Mashed Potatoes & Gravy Corn Peaches & Pears Dinner Roll with Butter	25. Salisbury Steak Au Gratin Potatoes Peas & Carrots Sliced Apples Wheat Bread with Butter	26. Glazed Ham Roasted Red Potatoes Mixed Vegetable Dump Cake Wheat Bread with Butter
29. Spaghetti with Meat Sauce Carpi Blend Vegetable Fruit Cocktail Garlic Bread	30. Ham & Beans California Blend Vegetable Mandarin Oranges Cornbread		