

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 - MAY 2024- MEALS ON WHEELS MENU

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

Spring



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



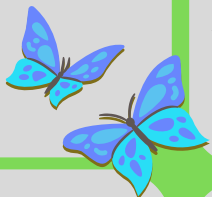
1 Fried Chicken
 Mashed Potatoes & Gravy
 Buttered Sweet Corn
 Fudge Rounds
 Dinner Roll with Butter

2. Sloppy Joes
 Au Gratin Potatoes
 Mixed Vegetables
 Mandarin Oranges
 Wheat Bread with Butter

3. French Onion Chicken
 Rice Pilaf
 Buttered Carrots
 Peaches
 Wheat Bread with Butter

6. Chicken & Noodles
 Mashed Potatoes
 Mixed Vegetables
 Fruit Cocktail
 Wheat Bread with Butter

7. Pork Tenderloin
 Sandwich
 Baked Beans
 Pears
 Bun



8. Scrambled Eggs with
 Sausage
 Biscuits and Gravy
 Mandarin Oranges

9. Breaded Fish Sandwich
 Seasoned Peas
 Applesauce
 Bun



10. Mother's Day Meal
 Chicken Cordon Bleu Bake
 Roasted Baby Bakers
 Antigua Blend Vegetable
 Jell-O Cake
 Dinner Roll with Butter

13. Lasagna
 California Blend Veggies
 Tropical Fruit
 Garlic Bread

14. Smothered Pork Chop
 Corn Bread Stuffing
 Buttered Carrots
 Diced Pears
 Wheat Bread with Butter

15. Meat Loaf
 Mashed Potatoes & Gravy
 Loaded Green Beans
 Lemon Bars
 Dinner Roll with Butter

16. Lemon Peppered Cod
 Wild Rice
 Capri Blend Vegetables
 Sliced Apples
 Wheat Bread with Butter

17. Chicken Strips
 Mashed Potatoes & Gravy
 Cheesy Broccoli
 Applesauce
 Wheat Bread with Butter

20. BBQ Riblet Sandwich
 w/Pickle & Onion
 Mixed Vegetables
 Fruit Cocktail
 Bun



21. Chicken Parmesan
 Over Pasta
 Peas & Carrots
 Sliced Peaches
 Garlic Bread

22. Chicken Fried Steak
 Mashed Potatoes and
 Gravy
 Buttered Sweet Corn
 Dump Cake
 Dinner Roll with Butter

23. Sweet & Sour
 Meatballs
 White Rice
 Stir Fry Vegetable
 Pineapple Tidbits
 Wheat Bread with Butter

24. BBQ Pulled Pork
 Baked Beans
 Mac & Cheese
 Tropical Fruit
 Bun



27
 Closed in Observance
 of Memorial Day



28. Bacon Swiss Breaded
 Chicken Breast Sandwich
 Peas & Carrots
 Pineapple Chunks
 Bun

29. Roasted Turkey
 Cornbread Stuffing
 Gravy
 Cherry Crisp
 Dinner Roll with Butter



30. Homemade Salisbury
 Steak
 Mashed Potatoes & Gravy
 Buttered Sweet Corn
 Sliced Peaches
 Dinner Roll with Butter

31. Tator Tot Bake
 Mixed Vegetables
 Peaches & Pears
 Wheat Bread with Butter

