

Meals On Wheels Lunch Menu – December 2023

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. French Onion Chicken Rice Pilaf Peas & Carrots Diced Pears Wheat Bread with Butter
4. Beer Brats with Kraut Beets Tropical Fruit Bun	5. Lasagna Mixed Vegetables Tropical Fruit Garlic Bread	6. Fried Chicken Mashed Potatoes & Gravy Corn Oatmeal Cream Pies Dinner Roll with Butter	7. BBQ Chicken Leg Quarter Au Gratin Potatoes Mixed Vegetables Mandarin Oranges Wheat Bread with Butter	8. Chili Glazed Tilapia Winter Blend Vegetables Sliced Apples Wheat Bread with Butter
11. Tuna Noodles California Blend Vegetables Sliced Pears Wheat Bread with Butter	12. Chicken Strips Mashed Potatoes & Gravy Peas & Carrots Chocolate Brownie Pudding Wheat Bread with Butter	13. Bierock Bake Cheesy Broccoli Sliced Apples 	14. Ham & Beans Lima Beans Fruit Cocktail Cornbread	15. Christmas Dinner Roast Beef Mashed Potatoes & Gravy Cream Style Corn Fresh Orange Dinner Roll with Butter
18. Chili Soup Cinnamon Roll Key Largo Vegetables Applesauce 	19. BBQ Pulled Pork Mac & Cheese Baked Beans Peaches & Pears Bun 	20. Chicken Fried Steak Mashed Potatoes & Gravy Green Beans Lemon Bars Dinner Roll with Butter	21. Chicken Florentine with Rice Pilaf Sugar Snap Peas Sliced Peaches Garlic Bread 	22. Beef Enchilada Refried Beans Spanish Rice Cherry Crisp 
25. Closed In Observance of Christmas 	26. Closed In Observance of Christmas	27. Meatloaf Mashed Potatoes & Gravy Antigua Mixed Vegetables Jell-O Cake Dinner Roll with Butter	28. Chicken Parmesan Over Pasta Green Beans Applesauce Wheat Bread with Butter	29. Smothered Pork Chops Au Gratin Potatoes Carrots Tropical Fruit Wheat Bread with Butter