

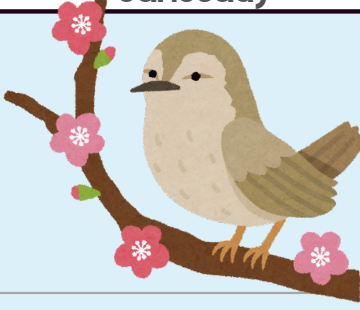



Meals fall in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Calcium: 400 mg or higher
 Sodium: 800-1,000 mg or less
 Fiber: 9gm or higher

Senior Center 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
			¹ Chili Mac Buttered Sweet Corn Cinnamon Applesauce Wheat Bread w/ Butter	² Bacon Cheeseburger Tater Tots Seasoned Carrots Jello Cake Bun
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 Cupcakes by <u>Interim Home Health</u>	⁸ 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
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 Chicken Floretine Wild Rice Cali Blend Veggies Wheat Bread w/Butter	¹⁶ Chicken Fried Steak Mashed Potatoes Gravy Cheesy Broccoli Pear & Lime Jello Dinner Roll w/ Butter
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 Ham & Beans Buttered Carrots Fruit Cocktail Sweet Cornbread
²⁶ CLOSED FOR MEMORIAL DAY 	²⁷ Pork Fritter Sandwich Peas & Carrots Applesauce Bun	²⁸ Meatloaf or Liver & Onions 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