

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 LUNCH MENU - OCTOBER 2024

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



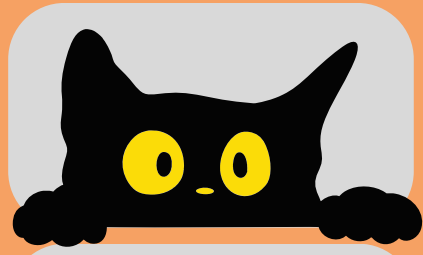
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1. Frito Pie
 Broccoli
 Fruit Cocktail
 Wheat Bread with Butter

2. Fried Chicken
 Mashed Potatoes & Gravy
 Buttered Sweet Corn
 Birthday Cake
 Dinner Roll with Butter

3. Chicken Bacon Ranch
 Pasta
 Peas & Carrots
 Pineapple Chunks
 Garlic Bread

4. Bacon Cheeseburger
 with Toppings
 Baked Beans
 Peaches
 Bun

7. French Onion Chicken
 Wild Rice
 Mixed Vegetables
 Tropical Fruit
 Wheat Bread with Butter

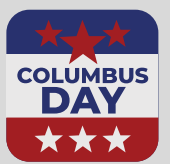
8. Beer Brats & Kraut
 Mixed Vegetables
 Sliced Peaches
 Bun

9. Meatloaf or Liver &
 Onions
 Mashed Potatoes & Gravy
 Green Beans
 Apple Crisp
 Dinner Roll with Butter

10. Lemon Peppered Cod
 Wild Rice
 Capri Blend Veggies
 Pineapple Chunks
 Wheat Bread with Butter

11. Ham & Beans
 Key Largo Veggies
 Peaches
 Cornbread

CLOSED IN
 OBSERVANCE
 OF



15. BBQ Pulled Pork
 Baked Beans
 Fruit Cocktail
 Bun

16. Chicken Fried Steak
 Mashed Potatoes & Gravy
 Buttered Sweet Corn
 Cherry Crisp
 Dinner Roll with Butter

17. Swedish Meatballs
 White Rice
 Winter Blend Veggies
 Diced Pears
 Wheat Bread with Butter

18. Bacon Swiss Breaded
 Chicken
 Breast Sandwich
 Carrots
 Peaches
 Bun

21. Smothered Pork Chop
 Au Gratin Potatoes
 Mixed Vegetables
 Mandarin Oranges
 Wheat Bread with Butter

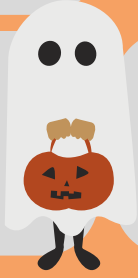
22. Breaded Cod Fish
 Sandwich
 Seasoned Peas
 Pears
 Bun

23. Chicken Strips
 Mashed Potatoes & Gravy
 Green Beans
 Lemon Bar
 Wheat Bread with Butter

24. Creamy Tuscan Pork
 Wild Rice
 Buttered Carrots
 Tropical Fruit
 Wheat Bread with Butter

25. Tater Tot Bake
 Cheesy Broccoli &
 Cauliflower
 Peaches & Pears
 Wheat Bread with Butter

28. Baked Lasagna
 Mixed Vegetables
 Tropical Fruit
 Garlic Bread



29. Beef Enchilada
 Refried Beans
 Spanish Rice
 Applesauce

30. Sweet & Sour Chicken
 White Rice
 Buttered Carrots
 Peaches & Pears
 Wheat Bread with Butter

31. HALLOWEEN
 Gouh-lash
 Frankenstein's Eyes (Peas)
 Wicked Brownies
 Broom Stick (Garlic
 Breadstick)

