

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

# Senior Center Menu – March 2024

Lunches served on weekdays from 11:15 a.m. – 1:15 p.m. - All ages welcome  
 For information, call the Senior Center at (785) 827-9818 - [www.salinecountyks.gov](http://www.salinecountyks.gov)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Chili Glazed Cod Wild Rice Peas & Carrots Mandarin Oranges Wheat Bread with Butter
4. Dorito Taco Bake Mixed Vegetables Sliced Peaches Garlic Bread 	5. BBQ Pulled Pork Mac & Cheese Baked Beans Applesauce Bun	6. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Birthday Cake Dinner Roll with Butter	7. Swedish Meatballs Wild Rice California Blend Vegetable Mandarin Oranges Wheat Bread with Butter	8. Breaded Fish Sandwich Cheesy Broccoli Pineapple Tidbits Bun 
11. Pasta Bar Mixed Vegetable Tropical Fruit Wheat Bread with Butter	12. Chicken Cordon Bleu Bake Roasted Red Potatoes Antigua Blend Vegetable Peaches & Pears Wheat Bread with Butter	13. Meatloaf Mashed Potatoes & Gravy Loaded Green Beans Sliced Apples Dinner Roll with Butter	14. Omelets or French Toast Bake with Syrup Biscuits & Gravy Mandarin Oranges	15. <u>Saint Patty's Day Meal</u> Irish Beef Stew Sautéed Cabbage Andes Mint Brownie Biscuit 
18. Fiesta Chicken Rice Pilaf Stir Fry Vegetable Mandarin Oranges Wheat Bread with Butter	19. Beer Brats with Kraut Winter Blend Vegetable Diced Pears Bun 	20. Chicken Fried Steak Mashed Potatoes & Gravy Buttered Sweet Corn Hot Fudge Lava Cake Dinner Roll with Butter	21. Ham & Beans Buttered Carrots Sliced Apples Cornbread 	22. Cheesy Zita Bake California Blend Vegetable Pineapple Chunks Garlic Bread
25. Sweet & Sour Chicken White Rice Winter Blend Vegetable Fruit Cocktail Wheat Bread with Butter	26. Paprika Pork White Rice Peas & Carrots Tropical Fruit Wheat Bread with Butter	27. Salisbury Steak or Liver & Onions Mashed Potatoes & Gravy Loaded Green Beans Pineapple Tidbits Dinner Roll with Butter	28. Chicken Enchilada Capri Blend Vegetable Mandarin Oranges Garlic Bread	29. Tortellini with Tomato Spinach Cream Sauce Carrots Mounds Chocolate Cake Garlic Bread