

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 – November 2022

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.saline.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Lasagna or Apricot Pork with Rice Mixed Vegetables Mandarin Oranges Bosco Cheese Breadstick	2. Fried Chicken Mashed Potatoes & Gravy Buttered Sweet Corn Birthday Cake Dinner Roll with Butter	3. BBQ Riblet Sandwich or Meatball Sub Capri Blend Vegetables Fruit Cocktail Hoagie Roll 	4. French Onion Chicken Rice Pilaf Seasoned Peas & Carrots Apple Crisp Wheat Bread with Butter
7. Chicken & Noodles with Mashed Potatoes or Chicken Tortellini Soup Seasoned Mixed Vegetable Peaches Dinner Roll with Butter	8. Creamy Cilantro Lime Chicken or Ranchero Steak Wrap Baby Baker Potatoes Loaded Green Beans Diced Pears Wheat Bread with Butter	9. Smothered Pork Chop or Chicken Tortellini Soup Au Gratin Potatoes Cheesy Broccoli Applesauce Wheat Bread with Butter	10. Salisbury Steak or Liver & Onions Mashed Potatoes & Gravy Capri Blend Vegetables Mandarin Oranges Wheat Bread with Butter	11. Closed in Observance of Veteran's Day 
14. Beer Brats with Kraut or Vegetable Beef Soup Winter Blend Vegetables Tropical Fruit Wheat Bun	15. Dorito Taco Bake or Chipotle Chicken Grilled Cheese Peas & Carrots Mandarin Oranges Wheat Bread / Sourdough 	16. Chicken Strips with Gravy or Vegetable Beef Soup Loaded Green Beans Applesauce Wheat Bread with Butter	17. Chili Dogs or Honey Mustard Chicken Wrap Baked Beans Pineapple Tidbits Wheat Bun / Tortilla	18. THANKSGIVING DINNER Roasted Turkey Cornbread Stuffing w/ Gravy Green Bean Casserole Assorted Pies Dinner Roll with Butter
21. BBQ Meatballs or Loaded Baked Potato Soup Wild Rice Seasoned Peas Applesauce Wheat Bread with Butter	22. Bacon Cheeseburger or Breaded Chicken Sandwich with Bacon & Swiss Cheese Baked Beans Lemon Bars Wheat Bun 	23. Tuna Noodle or Loaded Baked Potato Soup Buttered Carrots Fruit Cocktail Wheat Bread with Butter	24. Closed in Observance of Thanksgiving 	25. Closed in Observance of Thanksgiving 
28. Chicken Fried Steak or Chili Mashed Potatoes & Gravy Buttered Sweet Corn Peach Crisp Dinner Roll with Butter	29. Paprika Pork with White Rice or Philly Cheesesteak Wrap Seasoned Peas & Carrots Tropical Fruit Wheat Bread with Butter	30. Meatloaf or Chili Mashed Potatoes & Gravy California Blend Vegetables Jell-O Cake Dinner Roll with Butter		