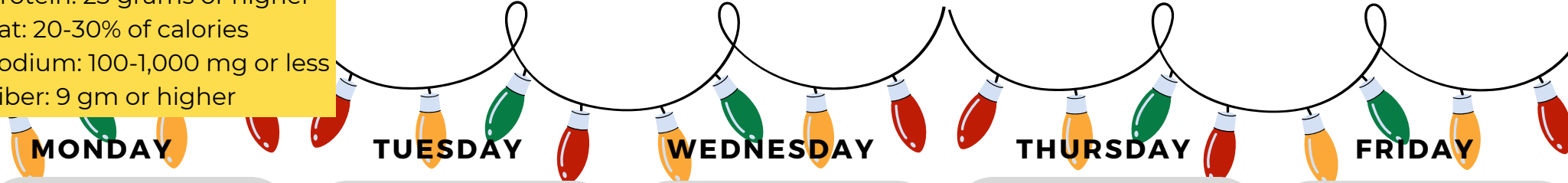


Meals all in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Sodium: 100-1,000 mg or less
 Fiber: 9 gm or higher

MEALS ON WHEELS LUNCH MENU-December 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

2. Beef & Noodles
 Mashed Potatoes
 Mixed Vegetables
 Mandarin Oranges
 Wheat Bread with Butter

3. Tater Tot Bake
 Bahama Blend Veggies
 Fruit Cocktail
 Wheat Bread with Butter

4. Fried Chicken
 Mashed Potatoes & Gravy
 Buttered Sweet Corn
 Dessert or Fruit
 Dinner Roll with Butter

5. Beer Brauts with Kraut
 Beets
 Tropical Fruit
 Bun



6. French Onion Chicken
 Rice Pilaf
 Seasoned Peas & Carrots
 Diced Pears
 Wheat Bread with Butter

9. Dorito Taco Bake
 Mixed Veggies
 Peaches
 Wheat Bread with Butter



10. Chicken Florentine
 Rice Pilaf
 Sugar Snap Peas
 Applesauce
 Wheat Bread with Butter



11. Chicken Fried Steak
 Mashed Potatoes
 Gravy
 Loaded Green Beans
 Lemon Bars
 Dinner Roll with Butter

12. Ham & Beans
 Mixed Veggies
 Fruit Cocktail
 Cornbread



13. Lemon Peppered Cod
 Wild Rice
 Winter Blend Veggies
 Sliced Apples
 Wheat Bread with Butter

16. Chicken Strips
 Mashed Potatoes
 Gravy
 Seasoned Peas & Carrots
 Tropical Fruit
 Wheat Bread with Butter

17. BBQ Pulled Pork
 Baked Beans
 Mac & Cheese
 Peaches & Pears
 Bun



18. Meatloaf
 Mashed Potatoes & Gravy
 Antigua Mixed Veggies
 Carrot Cake
 Dinner Roll with Butter

19. Breaded Cod Fish
 Sandwich
 Key Largo Veggies
 Pineapple Chunks
 Bun

20. **Christmas Dinner**
 Chicken Cordon Bleu Bake
 Mixed Vegetable
 Cherry Crisp
 Dinner Roll with Butter

23. Chili with Cinnamon
 Rolls
 Key Largo Veggies
 Mandarin Oranges



Closed in observance
 of Christmas



Closed in observance
 of Christmas



26. BBQ Riblet Sandwich
 Peas & Carrots
 Fruit
 Bun



27. Chicken Parmesan
 over Pasta
 Green Beans
 Applesauce
 Garlic Bread



30. Pork Fritter Sandwich
 Glazed Carrots
 Tropical Fruit
 Bun



31. Breaded Chicken
 Breast Sandwich w/
 Bacon & Swiss
 Mixed Veggies
 Mandarin Oranges
 Bun

