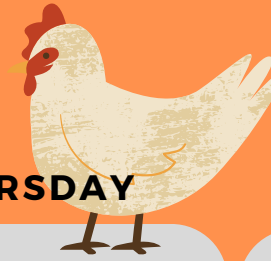


Meals all in the following ranges:
 Calories: 650-750
 Protein: 25 grams or higher
 Fat: 20-30% of calories
 Sodium: 100-1,000 mg or less
 Fiber: 9 gm or higher

SENIOR CENTER LUNCH MENU - JUNE 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

3. Cheese Tortellini Pasta w/ Chicken Tomato Cream Sauce
 Buttered Carrots
 Applesauce
 Garlic Bread



TUESDAY

4. Frito Pie
 Key Largo Vegetable
 Fruit Cocktail
 Wheat Bread with Butter

WEDNESDAY

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

THURSDAY

6. Chili Dogs
 Winter Blend Vegetable
 Pineapple Chunks
 Bun

FRIDAY

7. Lemon Peppered Tilapia
 Wild Rice
 Cheesy Broccoli
 Sliced Pears
 Wheat Bread with Butter

10. Beef & Noodles
 Mashed Potatoes
 Mixed Vegetable
 Sliced Apples
 Wheat Bread with Butter

11. Breaded Fish Sandwich
 French Fries
 Glazed Carrots
 Sliced Peaches
 Bun



12. Meatloaf or Liver & Onions
 Mashed Potatoes & Gravy
 Loaded Green Beans
 Pumpkin Bars
 Dinner Roll with Butter

13. Cashew Teriyaki Glazed Chicken
 White Rice
 Peas & Carrots
 Mandarin Oranges
 Garlic Bread



14. BBQ Pulled Pork
 Mac-N-Cheese
 Baked Beans
 Sliced Pears
 Bun

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

18. Sloppy Joes
 Potato Chips
 Cheesy Winter Blend Veggies
 Applesauce
 Bun

19. Closed in Observance of Juneteenth



20. Beef Enchilada
 Refried Beans
 Spanish Rice
 Peaches & Pears

21. Swedish Meatballs
 White Rice
 California Blend Vegetable
 Mandarin Orange Fluff
 Wheat Bread with Butter

24. Sweet & Sour Chicken
 White Rice
 Stir Fry Vegetables
 Sliced Pears
 Wheat Bread with Butter

25. Dorito Taco Bake
 Antigua Blend Vegetable
 Tropical Fruit
 Garlic Bread

26. Chicken Fried Steak
 Mashed Potatoes and Gravy
 Buttered Sweet Corn
 Scotch-A-Roo Bar
 Dinner Roll with Butter

27. Bacon Cheeseburger
 Steak Fries
 Capri Blend Vegetable
 Vanilla Pudding Dessert
 Bun

28. Italian Sausage Skillet over White Rice
 Sugar Snap Peas
 Fruit Cocktail
 Wheat Bread with Butter

