

Senior Center Menu - April 2025

Lunches served on weekdays from 11:15 am to 1:15 pm - All ages welcome
 For information, call the Senior Center at (785) 827-9818 - www.salinecountyks.gov



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4/1/2025	4/2/2025	4/3/2025	4/4/2025
	Ham & Beans	Fried Chicken	Spaghetti & Meatballs	Fried Fish Sandwich
	California Blend Vegetable	Mashed Potatoes & Gravy	Green Beans	Buttered Corn
	Pineapple Tidbits	Buttered Sweet Corn	Fruit Cocktail	Chocolate Pudding
	Cornbread & Butter	Dinner Roll with Butter	Garlic Bread	Bun
		Cupcakes by Interim Healthcare		
4/7/2025	4/8/2025	4/9/2025	4/10/2025	4/11/2025
Lasagna	Smothered Pork Chop	Hamburger Gravy	BBQ Chicken Breast Sandwich	Tuna Noodle Casserole
Buttered Broccoli	White Rice	Mashed Potatoes	Baked Beans	California Blend Vegetable
Diced Peaches	Candied Carrots	Mandarin Oranges	Chocolate Chip Cookies	Diced Pears
Garlic Toast	Cherry Crisp w/ Topping	Wheat Bread with Butter	Bun	Dinner Roll with Butter
	Dinner Roll with Butter			
4/14/2025	4/15/2025	4/16/2025	4/17/2025	4/18/2025
Bacon & Cheddar Breaded Chicken Sandwich	Sweet & Sour Meatballs	Meatloaf or Liver & Onions	Ziti Bake with Beef & Cheese	Baked Ham
Peas & Carrots	White Rice	Mashed Potatoes & Gravy	Seasoned Cauliflower	Whipped Sweet Potatoes
Macaroni and Cheese	Capri Blend Vegetables	Broccoli with Cheese Sauce	Pears	California Blend Vegetable
Applesauce	Fruit Cocktail	Brownies	Garlic Bread	Cinnamon Applesauce
Bun	Wheat Bread with Butter	Wheat Bread with Butter		Dinner Roll with Butter
4/21/2025	4/22/2025	4/23/2025	4/24/2025	4/25/2025
Chili Cheese Dog	Sloppy Joe Sandwich	Chicken Fried Steak	Teriyaki Glazed Chicken	Shredded Buffalo Chicken Sandwich
Potato Chips	Tater Tots	Mashed Potatoes with Gravy	Fried Rice	Seasoned Steak Fries
Buttered Sweet Corn	Seasoned Peas	Loaded Green Beans	Mixed Vegetable	Buttered Broccoli
Mandarin Oranges	Pears	Lemon Cake	Pineapple	Peaches
Bun	Bun	Dinner Roll with Butter	Wheat Bread with Butter	Bun
4/28/2025	4/29/2025	4/30/2025		
Chicken & Sausage Jambalya	Beef Enchilada	Chicken Strips		
Seasoned Broccoli	Spanish Rice	Mashed Potatoes & Gravy		
Banana Pudding	Mandarin Oranges	Diced Carrots		
Wheat Bread with Butter	Jalapeno Cornbread	Fruit Cocktail		
		Dinner Roll with Butter		